

Home Science **RECIPES**

*A selection of recipes specially
chosen for use in school
Home Science classes*

A COMPREHENSIVE HANDBOOK
GIVING ESSENTIAL DETAILS
OF KNOWLEDGE IN
HOUSEWIFERY
AND
LAUNDRY WORK

For use in SCHOOL and HOME

A NEW HANDBOOK IN
DOMESTIC INSTRUCTION

By M. A. BLACKMORE
Assisted by other Educational Experts

WHITCOMBE & TOMBS LIMITED

Home Science
Recipes



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Frontispiece

SERVING AFTERNOON TEA

Loretta Magee

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1952

Home Science Recipes

Revised by

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THANKS

I have to thank the many Home Science teachers from all parts of the Dominion who have so kindly sent suggestions and recipes.

The recipes have been written and arranged chiefly for School Cookery classes, but the quantities may be doubled or trebled for home use. It is hoped that the present edition will prove even more helpful than previous ones to the small family, the young housekeeper or the flat dweller.

MEASUREMENTS

Abbreviations

tablespoon: Tb.

teaspoon: tsp.

dessertspoon: dsp.

breakfast-cup: Bk.-cup

It is suggested that pupils be made thoroughly familiar with the measures and abbreviations before using the book for practical work.

The following approximate measures may generally be used:—

Liquid Measures

1 pint = 20 oz. water

$\frac{1}{2}$ pint cup = 10 oz. „

$\frac{1}{4}$ pint cup = 5 oz. „

Large Tb. = 1 oz. „

Dry Measures

$\frac{1}{4}$ pt. cup (tea) = 2 oz. flour (lightly shaken in)

$\frac{1}{4}$ pt. cup (scant) = 4 oz. sugar

$\frac{1}{4}$ pt. cup = 4 oz. butter

Tablespoon Measures

$1\frac{1}{2}$ level Tb. sugar = 1 oz.

$1\frac{1}{2}$ level Tb. fat = 1 oz.

3 level Tb. flour = 1 oz.

2 level tsp. flour = $\frac{1}{4}$ oz.

As cups and spoons vary in size it is wise to find out the capacity of the ones you use. Standard English measures (cups and spoons) may be bought quite cheaply, and when possible these should be used.

GENERAL RULES

Before beginning to cook be sure—

- (a) that your hands and nails are quite clean, and your hair is out of the way;
- (b) that your apron is clean;
- (c) that you have everything needed;
- (d) that your utensils are quite clean.

Never waste anything.

When serving food make it look as dainty as possible.

A SIMPLE MEAL PLAN

1. Fruit should be served twice each day; once cooked and once uncooked. Fruit as the first course at breakfast is excellent.
2. Two fresh vegetables other than potatoes; one a green leafy vegetable—a leafy vegetable to be served uncooked.
3. Many foods are deficient in mineral matter so a liberal *daily* supply of fresh fruit and green vegetables and milk is needed.
4. Wholemeal or at least part wholemeal should be used whenever possible as white flour loses some of the most important food material during milling.
5. *Milk*. Allow *not less* than $1\frac{1}{2}$ pints daily for each child and $\frac{1}{2}$ pint for each adult.
6. If a soft food is served, something that requires chewing should be served with it, *i.e.* milk pudding and stewed figs; lentil soup and bread rusks.
7. Meat is not needed more than once a day. Cheese, eggs, fish, lentils or haricot beans, etc., may be used instead.
8. A piece of apple or orange at the end of a meal will clean the teeth and mouth. Grated raw carrot or yellow turnip is a good source of vitamin C.
9. Drink at least six glasses of water a day—if possible between meals.

SOUPS

STOCK

Stock is the foundation of many soups. It is the liquor in which meat, bones, or vegetables have been cooked.

Meat and bones, 2 lb.	Celery, 3 sticks
Water, 3 pints	Parsnip, one
Carrot, one	Salt, 1 tsp.
Onion, one	

1. Cut up the meat, crush the bones and trim off the fat.
2. Put into a saucepan, add the water (cold), and salt.
3. Bring slowly to the boil, then skim.
4. Add vegetables whole and simmer gently for six hours.
5. Strain into a basin.
6. When cold remove the fat.

To keep stock boil up every day.

CREAM SOUP

Make a thin white sauce (No. 2) p. 32, and when quite cooked add $\frac{1}{2}$ pint vegetable puree, i.e.—vegetables which have been boiled in a little water and the whole worked through a sieve or strainer. Tomato, green pea, spinach, onion, or any combination of vegetables liked.

FISH SOUP

Head, skin and trimmings of fish	Milk, 1 tea cup
Onion, 1 small	Flour, 2 Tb.
Mace or nutmeg, a little	Peppercorns, a few

1. Cover fish with cold water.
2. Add onions and seasonings.
3. Boil gently about 1 hour.
4. Strain and return to pan.
5. Add half of the milk.
6. Mix flour and remaining milk to a smooth paste.
7. Add to soup and stir until boiling.
8. Season.

Note: Water in which fish has been boiled may be used as the stock. A few pipis, mussels, oysters or finely chopped parsley may be added just before serving.

GREEN PEA SOUP

Green Peas, 1 pint	Salt and Pepper, to taste
Lettuce, 1 small	Mint, a little
Spinach, a little	Water, 1½ pints
Butter, 1 tsp.	Milk, 1 tea-cup
Flour, 1 Tb.	

1. Cut up the lettuce and spinach.
2. Melt the butter; cook lettuce, spinach, and the peas for 5 minutes without browning; then add water and seasoning, and simmer till soft.
3. Press through a sieve; return to saucepan; work flour to smooth paste in the milk; add to soup, and stir until boiling.

LENTIL OR PEA SOUP

Stock or Water, 1 pint	Mint, a little
Lentils, 1 tea-cup	Salt and Pepper, to taste
Onion, 1 small	Butter, ½ tsp.
Carrots, one	Milk, a little
Celery, 1 stick	Flour, 1 Tb.

- 1 Wash the lentils, put them into saucepan, together with the vegetables sliced, mint, stock, and seasoning.
2. Cook gently till soft.
3. Work through a sieve and return to the saucepan.
4. Mix flour to a smooth paste with the milk.
5. Add to soup.
6. Stir until boiling. Add butter, and serve with small dice of fried or toasted bread.

For pea soup, the peas should be soaked overnight—a little bacon rind improves these soups.

ONION SOUP

Onions, 3 or 4	Milk and Water, 1 pint
Dripping, 1 Tb.	Pepper and Salt
Flour, 2 Tb.	Finely chopped Parsley

1. Peel and slice onions.
 2. Put into saucepan with the dripping.
 3. Cook without browning for about 10 minutes.
 4. Add milk and water and boil gently until onions are tender.
 5. Work all through a strainer and return to the saucepan.
 6. Mix flour to a smooth paste with a little cold milk. Add to soup and stir until boiling.
 7. Add pepper, salt and parsley just before serving.
 8. Serve with croutons of toasted or fried bread.
- Note:** Any other vegetable or combination of vegetables may be used in place of onions.

POTATO OR ARTICHOKE SOUP

Potatoes, 2 large	Dripping, $\frac{1}{2}$ oz.
Water or Stock, 1 pint	Milk, 1 tea-cup
Celery, 1 stick	Salt and Pepper, to taste
Onion, 1 small	Sago, 1 dsp.

1. Peel and slice the vegetables.
2. Melt dripping in a saucepan, add vegetables, cook for 5 minutes without browning.
3. Add water or stock, and simmer till tender.
4. Work through a sieve; reheat; season; add milk, and sprinkle in sago; then boil till clear. Stir well.

SCOTCH BROTH

Mutton (neck), 1 lb.	Parsley, chopped fine, 1 tsp.
Water, $1\frac{1}{2}$ pints	Turnip, one
Barley, 2 Tb.	Leek, one
Carrot, one	Salt and Pepper, to taste
Onion, one	

1. Cut the meat into small pieces, removing fat, and soak for half hour in the water (cold).
2. Bring slowly to the boil.
3. Skim well, and add the vegetables cut into dice.
4. Wash barley well and pour boiling water over to blanch.
5. Strain and add barley to soup.
6. Cook gently for two hours; add seasoning and parsley, and serve.

Note: All grease must be carefully skimmed off before serving.

TOMATO SOUP

Carrot, one	Pepper and Salt, to taste
Tomatoes, 4 large	Stock or Water, 1 pint
Onion, one	Sago, 1 dsp.
Dripping, $\frac{1}{2}$ oz.	Milk or Cream, a little

1. Wipe and slice tomatoes; peel and slice other vegetables.
2. Cook for five minutes in the dripping without browning.
3. Add stock and simmer till tender.
4. Work through a sieve; return to saucepan; sprinkle in the sago; then boil till clear. Stir well.
5. Add milk or cream.

VEGETABLE SOUP

Stock, 1 pint	Parsnip, half
Carrot, half	Celery, 1 stick
Turnip, half	Salt, to taste
Onion, one small	Rice, 1 Tb.

1. Cut all the vegetables into small dice.
2. Simmer in the stock till tender.
3. When half cooked add well-washed rice.
4. Stir well; cook until rice is soft.
5. Season and serve.

FISH AND OTHER SEA FOODS

Fish is one of our most valuable foods. Many New Zealand foods are deficient in iodine but salt water fish, especially kelp-feeding fish, shell fish, and seaweed are rich in this element, and should be used freely. When these fresh foods are not available seameal and seajel should be used. These are both preparations of seaweed. The seameal may be added to bread, to thicken soups and stews and all kinds of savoury dishes. The seajel is used as a shape and to add to jam, marmalade.

TO PREPARE FISH FOR COOKING

Clean the fish and wipe thoroughly. Place on paper. Cut off the fins and tail with scissors. If a scaly fish, scrape the scales off with a knife.

Cut the fish open with scissors or sharp knife—with the knife remove the inside to the paper. Wrap up and burn at once.

TO BOIL FISH

Time: If white fish—10 minutes to every lb. and 10 minutes over.

If oily fish—15 minutes to every lb. and 15 minutes over.

Time for cooking varies with kind and thickness of fish.

1. The water must be boiling. Add one tsp. of salt and one Tb. of vinegar.
2. Place the fish on a plate; tie up the plate in a piece of butter-cloth; plunge into the boiling water, and simmer gently so that the fish may not break.
3. When done lift out and drain; slide on to a hot dish, and pour a sauce over.

Note: The water in which fish has been boiled makes an excellent soup. See p. 6.

TO FRY FISH

Various Ways:

1. In batter.
2. In eggs and breadcrumbs.
3. In milk and flour.
4. In milk and oatmeal.

BATTER FOR FISH

Flour, 1 Tb.

Egg, 1 tsp.

Milk, about 3 Tb.

Salt, a pinch

1. Mix flour and milk to a smooth batter.
2. Add egg and salt. (Egg may be omitted.)

Prepare the fish; coat with flour; slip into the batter; then lift into smoking hot fat; fry a light brown.

Time: Thick pieces of fish, 7 or 8 minutes. Thin pieces of fish, 5 or 6 minutes.

CHOWDER

Fish, 1 or 2 oz.	Onion, 1
Bacon, 1 oz.	Potatoes, 2
Milk and Water	Pepper and Salt

1. Cut bacon into small pieces and cook in saucepan until fat runs out. Do not brown.
2. Remove bacon from pan.
3. Cook sliced onion in the bacon fat for 5 minutes.
4. Add fish cut into pieces, peeled and sliced potato and the cooked bacon.
5. Season with pepper and salt.
6. About half cover with milk and water.
7. Stew slowly until potatoes are soft.
8. Stir well and pile on hot dish.
9. Sprinkle with chopped parsley.

Note: Any kind of cheap fish is suitable. Cockles, pipis, mussels, or oysters make good chowders.

TO STEAM FISH

Fish may be steamed in the same way as vegetables (p. 22). Place in a steamer, or colander over boiling water, or wrap in parchment paper and place in a little water in a saucepan.

To steam small pieces of fish: Place the fish between two buttered plates over a saucepan of boiling water.

Time: $\frac{1}{2}$ hour for thick piece, 20 minutes for thin piece.

Serve the same as boiled fish.

FISH STEWED IN MILK

Fish, $\frac{1}{2}$ lb.	Parsley (minced), 1 Tb.
Milk, 1 Bk.-cup	Butter or dripping, 1 tsp.
Flour, 1 Tb.	Salt, to taste

1. Place the fish in a pie-dish; cover with the milk; add butter and salt.
2. Cook in the oven slowly for $\frac{1}{2}$ hour.
3. Lift out the fish; mix the flour with a little cold milk; stir it into the hot milk, and cook a few minutes, stirring all the time.
4. Add parsley and seasoning.

Pour over the fish and serve.

FISH CAKES

Cold boiled flaked fish	1 Bk. cup
Cold boiled mashed potatoes	1 Bk. cup
Salt and Pepper	To taste
Egg, or White Sauce	1 Tb.

1. Mix fish and potato well together.
2. Add all other ingredients.
3. Turn on to floured board.
4. Shape into flat cakes.
5. Roll in flour.
6. Fry a nice brown.

KEDGEREE

Cooked Fish, 1 Bk. cup	Flour, 1 dsp.
Rice, 1 Bk. cup	Butter, 1 tsp.
Salt and Pepper, to taste	Nutmeg, a little
Milk, 1 tea-cup	

1. Boil the rice till soft.
2. Flake the fish.
3. Make a sauce with butter, flour, and milk (p. 32).
4. Mix all together in a saucepan and re-heat, then serve; sprinkle over with finely chopped parsley.

SCALLOPED CRAYFISH OR OTHER COOKED FISH

Crayfish, 1 small	Salt and Pepper, to taste
Milk, 1 tea-cup	Butter or Dripping, 1 tsp.
Flour, 1 dsp.	Breadcrumbs, some

1. Chop or flake the fish.
2. Make a sauce with flour, milk, and butter (p. 32).
3. Mix all together except the breadcrumbs.
4. Put into a pie-dish, sprinkle breadcrumbs over the top.
5. Brown in the oven. Serve.

FISH FRITTERS

Cooked Fish, 1 Bk. cup	Egg, one
Flour, 4 oz.	Salt and Pepper, to taste
Water (warm), 1 tea-cup	

1. Flake the fish.
2. Mix the yolk of the egg with the water.
3. Make a smooth batter with flour, yolk of egg, and water, add the white of the egg beaten stiff.

4. Add fish and seasoning.
5. Have ready some smoking-hot fat; drop the mixture in spoonfuls into the fat.
6. Fry till brown.

Note: Mussels, pipis, oysters or other shell fish may be used in place of cooked fish.

EDIBLE SEAWEEDS

Seaweeds suitable for use as foods are to be found on nearly all the beaches of the New Zealand coast. They are our richest source of iodine. **To keep:** Wash in several waters, and pick over carefully. Spread on a cloth or paper to dry slowly, turning several times. When quite dry keep in jars or tins for use.

SEAWEED SHAPE

Seaweed, $\frac{1}{4}$ oz.	Milk, 1 pint
Sugar, 1 Tb.	Salt and Essence

1. Wash and soak the seaweed about 20 mins.
2. Lift into the milk.
3. Boil slowly until rather thick.
4. Add sugar, salt and essence.
5. Strain into a wet basin to set.

TO THICKEN FRUIT JUICE

Allow $\frac{1}{4}$ oz. seaweed to 1 pt. of fruit juice.

1. Cook some fruit and separate it from the syrup.
2. Wash seaweed and soak about 10 minutes.
3. Add the soaked seaweed to the fruit juice and cook until thick.
4. Strain over the cooked fruit.

TO THICKEN STEWS AND SOUPS

Allow $\frac{1}{4}$ oz. seaweed to about 1 pint of stew or 1 quart of soup. Wash and soak and add for the last 10 or 15 mins. of cooking.

FOR JAMS AND MARMALADE

Allow about 1 oz. of seaweed to 6-8 lb. of fruit. Wash and soak. It may be added during the first cooking of the fruit or after when the sugar is put in. Stir well.

Carrageen (seaweed) may be bought from the chemist. Seameal or Seajel may be used for these recipes.

MEAT

TO BOIL MEAT

Put the meat into saucepan with sufficient boiling water to cover; add some prepared vegetables. Boil 5 minutes to keep in the juices, add a tsp. of salt, then simmer gently till done. Place the meat on a hot dish. Garnish with the vegetables. Serve with parsley sauce.

Time: Fresh meat, 20 mins. to every lb., and 20 mins. over.

Salt meat, 30 minutes to every lb. and 30 mins. over.

Note.—Put salt meat on to cook in cold water. Count time for cooking from when the water boils.

PARSLEY SAUCE

Stock, 1 tea-cup

Salt and Pepper, to taste

Milk, 1 tea-cup

Chopped Parsley, 1 Tb.

Flour, 2 Tb.

1. Put the stock in a saucepan.
2. Mix flour and milk together, and pour into the stock; add seasoning.
3. Stir over the fire till it boils; cook a few minutes, stirring all the time; add parsley.

Note: Boiled and chopped onion, or capers may be used instead of parsley for flavouring.

TO PAN-BROIL MEAT

Heat a little dripping in a saucepan; when smoking hot, put meat in and allow to brown on one side. Turn and brown the other; pour off any surplus dripping; add a little water; season. Cover closely and stew very slowly until meat is cooked. Put meat on a hot dish, thicken gravy with little flour made into smooth paste with a little cold water. Boil up and pour around meat.

Vegetables such as carrot, onion, etc., may be added after the meat is browned.

TO GRILL MEAT

Choose tender meat, such as chops or rump steak. Wipe meat with a damp cloth. Griller must be quite hot and greased when meat is put on to cook. Cook on one side for a few minutes then turn and cook on the other side. Turn often to prevent the gravy running out. Use knife and spoon for turning. Chops, unless very thick, are cooked in about 6 minutes.

TO ROAST MEAT

1. Heat some dripping in a baking dish.
2. Lay the meat in.
3. Dredge with flour.
4. Place in the hottest part of the oven, cook quickly for 10 minutes to keep in the juices, and then cook slowly.
5. Baste often.
6. When done place the meat on a hot dish.

Time for roasting meat: 15 minutes to every lb., and 15 minutes over for red meat.
20 minutes for every lb., and 20 minutes over for white meat.

TO MAKE GRAVY

Leave a little fat in the pan, dredge in some flour, and brown slightly; add salt, pepper, and some hot vegetable water. Boil a few minutes. Strain.

IRISH STEW

Neck of Mutton, 1 lb.	Salt and Pepper, to taste
Potatoes, four	Water, 1 Bk.-cup
Onion, one	

Other vegetables may be added.

1. Trim off the fat; cut the meat into nice sized pieces.
2. Place the meat in a saucepan.
3. Add the water (warm) and the onion sliced, salt and pepper.
4. Bring to the boil, add the potatoes whole or cut in thick slices.
5. Cook gently till the meat is tender (about 1½ hours). Stir well and serve.

BROWN STEW

Neck of Mutton or Top-	Parsnip, one
side of Beef, 2 lb.	Salt and Pepper, to taste
Onion, one	Water, $\frac{1}{2}$ pint
Carrot, one	Flour, 2 Tb.
Turnip, one	Dripping, 1 Tb.

1. Trim off the fat; cut up the meat.
2. Prepare and slice the vegetables.
3. Dredge the meat with the flour; and fry it in the dripping until a nice brown.
4. Take the meat out; fry the vegetables a little. Drain off the fat.
5. Put all ingredients with the meat in the saucepan, adding the water hot.
6. Cook gently until tender (about $1\frac{1}{2}$ hours).
7. Thicken the gravy with some of the flour, mixed to a paste with cold water.

FRIED LIVER AND BACON

Liver, $\frac{1}{2}$ lb.	Salt and Pepper, to taste
Bacon, 3 or 4 slices	Water, 1 tea-cup
Flour, 1 dsp.	Dripping, 1 Tb.

1. Wash the liver in salted water, then dry.
2. Cut into slices about $\frac{1}{2}$ inch thick.
3. Mix salt and pepper with flour.
4. Fry the bacon; lift out of pan, add the dripping. When smoking-hot dip the slices of liver in the flour, and fry until brown.
5. Add water and simmer gently 10 minutes. Serve with the bacon on the liver, and the gravy poured round.

RISSOLES

Cooked Meat (minced),	Parsley (minced), 1 Tb.
$\frac{1}{2}$ lb.	Tomato Sauce, 1 tsp.
Flour, $1\frac{1}{2}$ Tb.	Salt and Pepper, to taste
Stock, 1 tea-cup	Some Egg and Breadcrumbs
Dripping, $\frac{1}{2}$ oz.	

1. Make a sauce by melting the dripping in a saucepan, adding flour and then stock gradually; cook a few minutes, stirring all the time.

2. Take off the fire, add seasoning, and the meat.
3. Spread on a plate to cool.
4. Shape into balls; dip in egg, then in breadcrumbs, and fry in deep fat a nice brown. Serve.

Note: Rissoles can be made with one-half mashed potatoes, or cold boiled rice. Egg may be used to bind instead of sauce.

MINCE

Cold Cooked or Uncooked	Gravy or Water, to moisten
Meat, $\frac{1}{2}$ lb.	Salt and Pepper, to taste
Breadcrumbs, 2 Tb.	Flour, 1 tsp.
Onion, one small	Milk, a little
Parsley, 1 Tb.	

1. Chop the meat finely with a knife or put through mincer.
2. Add breadcrumbs, pepper and salt.
3. Chop the onion fine, and fry brown in a little dripping; add all other ingredients, and simmer gently half an hour. Thicken with flour and milk. Serve with toast, cut in triangles and placed around dish.

STEWED TRIPE

Tripe, $\frac{1}{2}$ lb.	Water, 1 tea-cup
Onions, two	Salt and Pepper, to taste
Milk, 1 tea-cup	Flour, 1 Tb.

1. Wash the tripe and cut into pieces of nice size.
2. Lay in a saucepan together with the onion (sliced), seasoning, water and milk.
3. Bring to the boil, simmer gently $1\frac{1}{2}$ to 2 hours.
4. Thicken with the flour mixed with a little cold milk. Garnish with fried bread, and serve.

FRIED SAUSAGES

1. Put a little fat in the frying-pan, heat slowly.
2. Prick the sausages to prevent them from bursting.
3. When the fat is still and smoking, fry the sausages gently for 10 minutes, turning every now and then.
4. Serve on fried bread with gravy round.

Note: Sausages may be rolled in flour or skinned and rolled in egg and breadcrumbs before frying.

SEA PIE

Beef or Mutton, 1 lb.	Carrot, one half
Suet Pastry, 2 oz.	Parsnip, one half
Potatoes, two	Salt and Pepper, to taste
Onion, one	Water, 1 tea-cup

1. Cut the meat into pieces.
2. Place in a saucepan.
3. Add vegetables sliced, seasoning, and hot water.
4. Bring to the boil. Cook gently $1\frac{1}{2}$ to 2 hours.
5. When meat is about half cooked roll out the suet pastry (page 30) to a round about $\frac{1}{4}$ inch thick, and lay it in the saucepan, over the meat and vegetables.
6. To dish, lift out pastry carefully and cut into pieces.
7. Place the meat and vegetables in centre of dish with suet pastry round.

MEAT FRITTERS

Cut $\frac{1}{2}$ lb. of cooked meat into slices about $\frac{1}{4}$ inch thick, season with salt and pepper; dip in batter and fry a nice brown. Corned beef may be reheated in this way.

TOAD-IN-THE-HOLE

Make batter as on page 24. Put a little dripping in a pie-dish and make quite hot. Pour in the batter. Skin a sausage and cut into three or four pieces, place on end in the batter (the sausage should show above the batter). Bake in a hot oven.

BEEF OLIVES

Steak, 1 lb., cut into strips	Dripping, 1 oz.
about $\frac{1}{2}$ inch thick,	Water, $\frac{1}{2}$ pint
2 inches wide, and 3	Flour, 1 Tb.
inches long.	

FORCEMEAT

Breadcrumbs, 2 oz.	Milk and a little Egg to
Suet or Dripping, 1 tsp.	bind
Parsley, 2 tsp.	Pepper and Salt, to taste
Thyme, $\frac{1}{4}$ tsp.	

1. Flatten the pieces of meat.
2. Spread each piece with the forcemeat.
3. Roll up and tie with string and roll in flour.
4. Melt the dripping in a pan.
5. When quite hot fry the olives a nice brown. Drain off the fat.
6. About half cover with hot water.
7. Simmer gently for one hour.
8. Thicken gravy with flour, season if necessary.

HOT POT

Meat, 1 lb.	Potatoes, 2 lb.
Flour, 2 tsp.	Onions, two
Salt, 1 tsp.	Water
Pepper, $\frac{1}{2}$ tsp.	

1. Cut the meat into slices, dip each slice in the flour.
2. Peel and slice potatoes and onions.
3. Put a layer of meat at the bottom of a pie-dish, then a layer of onions and potatoes, and so on until the dish is full.
4. Cover well with potatoes cut thickly.
5. Fill three parts full with water.
6. Stew in a slow oven for $2\frac{1}{2}$ hours.

MEAT AND POTATO PIE

Gravy Beef, 1 lb.	Salt and Pepper, to taste
Potatoes, two or three	Pastry, $\frac{1}{2}$ lb.
Onion, one	

1. Fill the pie-dish with meat, seasoning, onion, and potatoes cut in dice.
2. Add water.
3. Make the pastry (page 33) and roll out.
4. Cut pastry into a lid and strips for under crust.
5. Damp the edge of the dish.
6. Put on strips of pastry.
7. Damp again and put on the lid.
8. Decorate with leaves of pastry.
9. Brush over with milk and make a hole in the lid.
10. Bake about 1 or 2 hours, according to size.

VEGETABLES

GENERAL RULES FOR COOKING

1. Use freshly pulled vegetables when possible.
2. Prepare just before cooking.
3. Cook as quickly as possible and serve at once.
4. Keep the lid on the saucepan when boiling all vegetables; any water left over should be used for soup, gravy, or served as a drink.
5. Never use soda.
6. Some vegetables may be cooked without removing the skin—potatoes, kohl rabi, young carrots, cucumber, marrow, etc.
7. Do not leave vegetables soaking in water before cooking.

TO BOIL POTATOES

1. Choose potatoes of nearly the same size.
2. Wash well.
3. Place in boiling water enough to nearly cover the potatoes, add one tsp. of salt.
4. Cook gently (or they will break).
5. When nearly done, strain; skin quickly, return to saucepan; cover with a cloth and lid.
6. Steam 8 to 10 minutes.

MASHED POTATOES

Some boiled Potatoes	A little Milk
Small piece Butter	Salt to taste
or good Dripping	

1. Mash the potatoes free from lumps, add butter and milk.
2. Beat well to make the potatoes white.

POTATO CAKES

Mashed Potatoes, 1 tea-	Salt and Pepper, to taste
cup	Flour, 1 Tb.
Egg, 1 Tb.	

1. Mix potato, flour, salt, pepper, and egg well together
2. Shape into flat cakes about half inch thick.
3. Fry a nice brown.

POTATO CHIPS

1. Wash and peel potatoes.
2. Cut into thick slices, then into strips.
3. Dry well.
4. Fry in deep fat (smoking hot) for about 10 minutes.
5. Drain on paper.
6. Sprinkle with salt.

POTATOES IN SHELL

Potatoes, 4 medium size Pepper, a little
Dripping, $\frac{1}{2}$ tsp. Salt, $\frac{1}{2}$ tsp.
Milk, 2 Tb.

1. Choose potatoes of an even size.
2. Scrub well.
3. Bake until soft.
4. Cut in half lengthways.
5. Carefully scoop out some of the potato.
6. Mash this well, add dripping, milk, pepper, and salt.
7. Beat until light and smooth.
8. Replace roughly in shell.
9. Mark with fork.
10. Return to oven and brown.

Note.—Grated cheese may be added to the mashed potato.

CABBAGE AND GREENS

1. Take off the outside leaves, wash well under running water.
2. Chop cabbage roughly.
3. Have a little water boiling.
4. Add $\frac{1}{2}$ oz. dripping, little salt and sugar.
5. Put in chopped cabbage and cook quickly with lid on saucepan 10 to 15 minutes.
6. Chop well and serve.

Use no more water than will have evaporated by the time the greens are cooked.

Note: Peas, French beans and Brussels sprouts may be cooked the same way.

FRENCH BEANS

1. Wash and dry the beans.
2. Slice thinly.

3. Cook in a little boiling salted water. Keep the lid on the saucepan.
4. When the beans are soft, strain well.
5. Serve with a little butter and pepper.

Note: Green peas are cooked in the same manner.

BOILED ONIONS

1. Peel the onions, and wash well.
2. Place in boiling water.
3. Cook till tender.
4. Add salt, lift onions on to hot dish.
5. Serve with white sauce made with the vegetable water and milk (page 32).

TURNIPS

1. Peel the turnips thickly, as they are bitter near the skin.
2. Cook in boiling water till soft.
3. Add salt, drain well.
4. Serve with plain white sauce (page 32) poured over them.

Note: Parsnips and Kohl rabi are cooked in the same way as turnips. Both may be served mashed.

STEWED CARROTS

- | | |
|--------------------------|---------------------------|
| Carrots, two | Butter, 1 tsp. |
| Parsley (chopped), 1 Tb. | Salt and Pepper, to taste |
| Water, 1 tea-cup | Cornflour, 1 tsp. |
1. Prepare and slice the carrots.
 2. Place in a small quantity of boiling water.
 3. Cook till tender.
 4. Add salt.
 5. Strain, leaving one tea-cup of the water with the carrots.
 6. Add butter and seasoning.
 7. Mix cornflour with a little cold milk; stir into the saucepan.
 8. Boil a few minutes, add parsley.

Note: Onions, peas, beans, parsnips, and marrow may all be cooked in this way.

SPINACH

1. Wash well in several waters to remove all grit.
2. Put the spinach in a saucepan without water; thrust it well down into the pot, as it will reduce considerably in cooking.
3. Cook with lid on about 10 minutes.
4. Drain well, chop fine. Serve with a little butter, salt and pepper.

DRIED BEANS

1. Wash, then soak the beans in hot water; stand all night.
2. Put them into a saucepan with the water, without salt.
3. Bring to the boil gently.
4. Cook slowly till tender but not broken for about $1\frac{1}{2}$ hours.
5. Strain, add a little chopped parsley, small piece of butter, salt and pepper.
6. Shake them gently and serve.

The water strained off should be used for soup or gravy.

STEAMING VEGETABLES

Some vegetables may be cooked by steaming. It is a good way of cooking some root vegetables or watery vegetables as marrow or cucumber. It takes a little longer time than boiling, and for this reason is not generally used for cooking green vegetables.

To Steam Vegetables

Prepare the vegetables and place in a steamer or colander over a saucepan of fast boiling water. Cover closely and keep the water boiling all the time of cooking. Season when partly cooked.

Use of Parchment Paper

Two or more foods may be steamed in the one saucepan or steamer by wrapping each in a separate piece of vegetable parchment paper.

Note.—By these two methods of cooking vegetables, there is very little loss of mineral salts.

PUDDINGS

APPLES IN RED JELLY

Apples, three	Sugar, $\frac{1}{4}$ lb.
Cloves, six	Cornflour, $\frac{3}{4}$ Tb.
Lemon rind and juice, one-half	Carmine, a few drops Water, $\frac{1}{2}$ pint

1. Core and peel the apples, leave whole.
2. Stick them with the cloves.
3. Put water, sugar, and lemon rind in a saucepan.
4. Bring to the boil and colour with the carmine.
5. Put in the apples and simmer gently till tender (must not be broken).
6. When done, lift out carefully and place in a dish.
7. Strain the syrup and return to the saucepan.
8. Add lemon juice, bring to the boil.
9. Mix cornflour with a little cold water, stir it into the hot syrup.
10. Boil 3 minutes; let it cool; pour over the apples.
11. Serve cold.

APPLE FRITTERS

Apples, two	Salt, a pinch
Flour, $\frac{1}{4}$ lb.	Sugar, a little
Egg, one	Fat for frying

1. Core, peel, and cut the apples in rings about $\frac{1}{4}$ inch thick.
2. Sprinkle with sugar.
3. Make the batter.
4. Put flour in a basin, add salt.
5. Beat yolk of egg and 1 tea-cup warm water together, and mix with the flour to a smooth batter.
6. Add the white of the egg beaten to a stiff froth.
7. Dip each slice of apple in the batter.
8. Fry a golden brown in deep fat.
9. Sprinkle with sugar. Serve.

VARIOUS FRITTERS.

Other fruit fritters prepared in the same way as apple fritters: Banana; Orange; Apricot; Pineapple.

BANANA CREAM

Milk, 1 tea-cup	Sugar, 1 tsp.
Egg, 1	Cornflour, 1 Tb.
Vanilla	Banana, 1

1. Mix cornflour and sugar with some of the cold milk.
2. Put remaining milk on to boil.
3. Pour in the mixed cornflour.
4. Boil a few minutes, stirring well.
5. Beat the egg yolk and add to the cooked cornflour.
6. Add vanilla and banana cut in rings.
7. Put into a dish and pile the stiffly-beaten egg white on top.
8. Sprinkle with sugar and brown lightly in the oven.

BATTER

Flour, 6 Tb.	Milk, 1 tea-cup
Salt, a pinch	Water, $\frac{1}{2}$ tea-cup
Egg, one	

1. Sift flour and salt into the basin.
2. Break egg in and add enough milk to make a batter.
3. Mix until free from lumps.
4. Add the remaining milk and water.
5. Beat 10 minutes.
6. Stand for 20 minutes or longer if possible. Quantity for 1 small Yorkshire pudding and from 4 to 6 pancakes.

BREAD AND FRUIT PUDDING

Stale Bread, $\frac{1}{2}$ lb.	Egg, one
Sugar, 1 oz.	Fruit, some
Suet, 1 oz.	

1. Soak the bread in cold water until soft.
2. Squeeze dry and break up with a fork.
3. Add the suet (chopped) and sugar and egg.
4. Line a greased pie-dish with the mixture, fill with any kind of stewed fruit.
5. Cover with more of the mixture, and bake about $\frac{1}{2}$ hour.

CHOCOLATE SAGO

Milk and Water, 1 Bk.-	Sugar, 2 tsp.
cup	Egg, $\frac{1}{2}$
Cocoa, 1 tsp.	Sago, 2 tsp.
Salt, a pinch	

1. Mix cocoa, sugar and salt to a smooth paste with a little cold milk.
2. Add remaining liquid.
3. Stir over fire until boiling.
4. Remove from fire and stir in well-washed sago.
5. Cook slowly (stirring well) until sago is clear.
6. Remove from fire again and stir in the well-beaten egg.

N.B.—Egg may be omitted.

CORNFLOUR MOULD

Milk, $\frac{1}{2}$ pint	Essence, 2 drops
Cornflour, $1\frac{1}{2}$ Tb.	Salt, $\frac{1}{8}$ tsp.
Sugar, 1 tsp.	

1. Put half the milk into a saucepan and bring to the boil.
2. Mix the cornflour with the rest of the milk.
3. Stir it quickly into the boiling milk and add sugar.
4. Cook 5 to 10 minutes, stirring all the time in order that the cornflour may be quite cooked and not lumpy.
5. Add essence.
6. Pour into a wet mould or basin.

COTTAGE PUDDING

Flour, 2 tea-cups	Carb. Soda, $\frac{1}{2}$ tsp.
Suet, $\frac{1}{2}$ tea-cup	Cream of Tartar, 1 tsp.
Sugar, $\frac{1}{2}$ tea-cup	Raisins or Currants, $\frac{1}{2}$ tea-
Milk, 1 tea-cup	cup
Egg, one	

1. Shred and chop the suet.
2. Prepare the fruit.
3. Dissolve the soda in a little warm milk.
4. Mix all dry ingredients together.
5. Add egg beaten and the milk and soda.
6. Pour into a well greased "Yorkshire Pudding" tin, and bake in a moderate oven for about $\frac{1}{2}$ hour.

FIG OR DATE PUDDING

Dates or Figs, $\frac{1}{2}$ lb.	Suet, 3 oz.
Flour, $\frac{1}{4}$ lb.	Baking Powder, 1 tsp.
Breadcrumbs, $\frac{1}{4}$ lb.	Milk, 1 tea-cup
Brown Sugar, 2 oz.	Egg, one

1. Mix all dry ingredients together.
2. Add the beaten egg and milk.
3. Put into a well-greased basin, cover with a scalded and floured cloth or greased paper.
4. Steam about $1\frac{1}{2}$ hours.

Note: Egg may be omitted.

GERMAN FRITTERS

Stale Bread, 3 or 4 slices	Golden Syrup, 1 or 2 Tbs.
Egg, one	Dripping.
Milk, a little	

1. Cut the bread in slices $\frac{1}{2}$ inch thick, and each slice into four pieces.
2. Dip each slice in milk then in beaten egg.
3. Fry a golden brown in deep fat.
4. Warm the golden syrup.
5. Pour over the bread and serve.

GINGER PUDDING

Flour, 4 oz.	Golden Syrup, 2 Tbs.
Breadcrumbs, 4 oz.	Ginger, 1 tsp.
Brown Sugar, 1 oz.	Baking Powder, 1 tsp.
Suet, 3 oz.	Milk, 1 tea-cup

1. Mix all dry ingredients.
2. Add milk and syrup.
3. Three parts fill a greased mould with the mixture and cover with greased paper.
4. Steam about $1\frac{1}{2}$ hours.

GOOSEBERRY FOOL

Green Gooseberries, 1	Sugar to sweeten
Bk.-cup	Water, 1 or 2 Tb.
Boiled Custard, 1 tea-cup	

1. Top and tail the gooseberries.
2. Put them in a saucepan with the water.
3. Cook till the fruit is quite soft.
4. Rub through a sieve.
5. When cold add the custard and sugar and serve.

JAM ROLL

Suet Pastry, $\frac{1}{4}$ lb. (page 30). Jam.

1. Roll the paste out thinly into an oval shape.
2. Spread jam over, leaving a margin round the edges.
3. Wet the edges, roll up.
4. Scald and flour a pudding cloth, and roll the pudding in it.
5. Tie the ends firmly with string, leaving room for the pudding to swell.
6. Boil from one to $1\frac{1}{2}$ hours.
7. Turn out of cloth and serve.

LEMON JELLY

Water, $\frac{1}{2}$ pint

Lemon juice and rind, one-

Gelatine, $\frac{1}{4}$ oz. (1 dsp.) half

Sugar, 2 Tb.

1. Steep gelatine in a little water till soft.
2. Put in a saucepan, sugar, lemon juice, rind, and water.
3. Bring to the boil and boil a few minutes. Add soaked gelatine and stir well.
4. Strain through a cloth.
5. Put into a wet mould.

LEMON SAGO

Sago, 1 tea-cup

Lemon, one

Water, 1 pint

Golden Syrup, 1 Tb.

1. Wash the sago.
2. Cook it in the water with the grated rind of the lemon until quite clear.
3. Add syrup, lemon juice, and sugar if needed.
4. When cold pour into a glass dish.
5. Serve cold.

MILK PUDDING

Sago or Rice, 1 oz.

Sugar, to taste

Milk, 1 Bk.-cup

Little Salt

1. Grease the dish and wash sago.
2. Put sago, sugar and milk into pie-dish.
3. Bake slowly till done.

Time: Sago Pudding, 1 hour; Pearl Barley and Rice Pudding, 2 hours or longer.



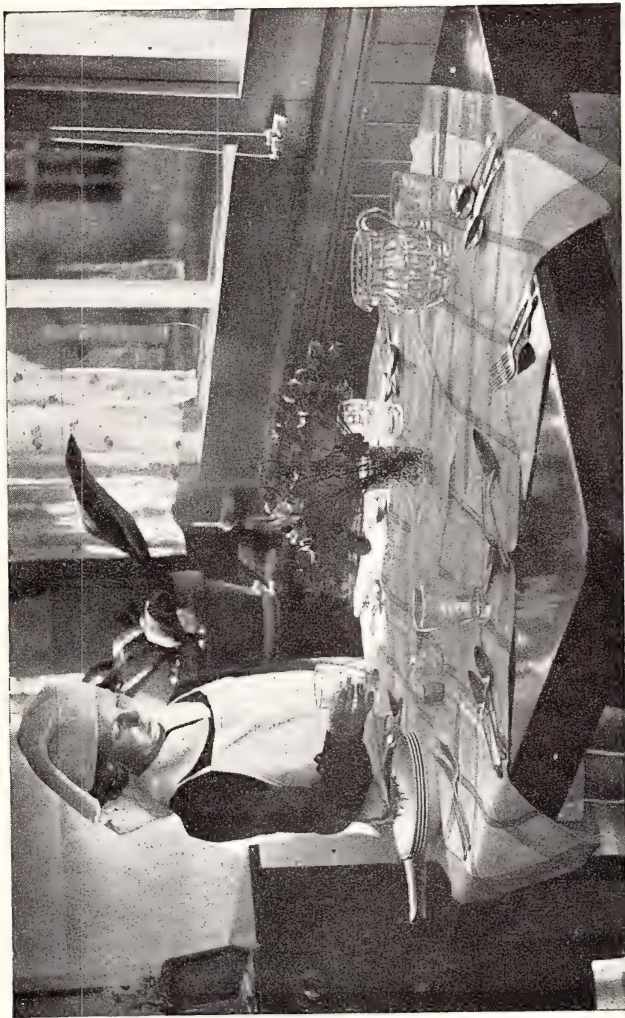
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PRESERVING FRUIT AND VEGETABLES



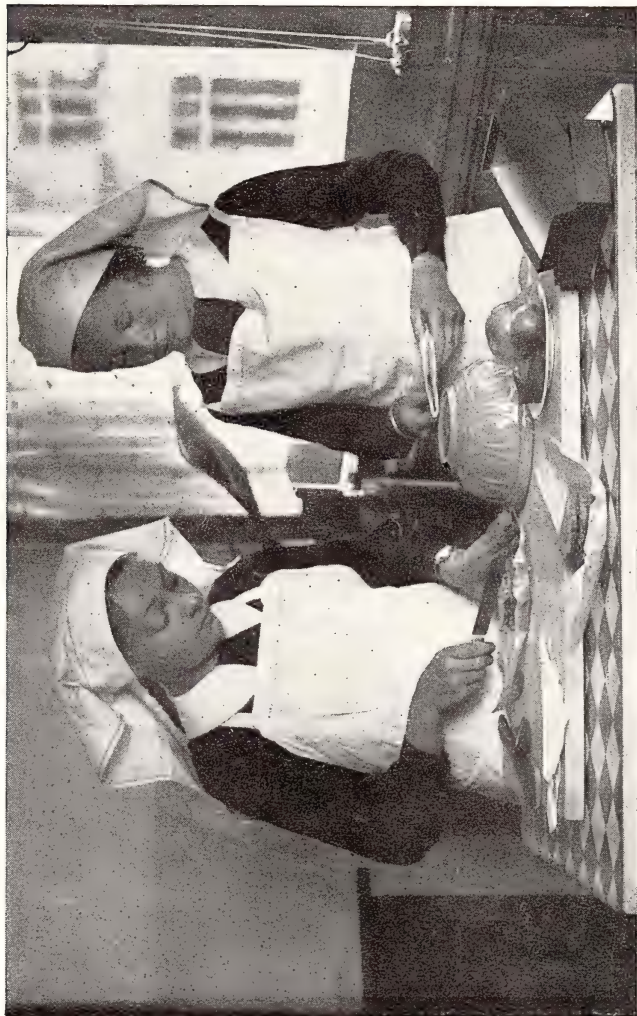
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BREAD MAKING—KNOCKING DOWN THE DOUGH



SETTING THE LUNCH TABLE

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PREPARING A SCHOOL LUNCH

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MARMALADE PUDDING

Flour, 4 oz.	Marmalade, 2 Tb.
Breadcrumbs, 4 oz.	Carb. Soda, 1 tsp.
Suet, 3 oz.	Milk, to mix
Sugar, 2 oz.	

1. Mix flour, breadcrumbs, sugar, suet, and marmalade.
2. Dissolve soda in a little warm milk.
3. Add this and enough milk to mix.
4. Pour into a greased basin.
5. Cover with greased paper.
6. Steam one hour.

PANCAKES

Use recipe for batter, page 24.

1. Put the batter into a jug.
2. Heat a piece of lard in the frying-pan until smoking hot.
3. Cover the bottom of the pan with a thin layer of batter.
4. Fry a nice brown colour.
5. Turn and brown the other side.
6. Sprinkle with sugar, and a little lemon juice.
7. Roll up. Serve at once.

PLUM PUDDING

Flour, $\frac{1}{2}$ lb.	Milk, to mix
Suet, 4 oz.	Raisins, 2 oz.
Brown Sugar, 2 oz.	Peel, 2 oz.
Treacle, 2 oz.	Spice, $\frac{1}{4}$ tsp.
Currants, $\frac{1}{4}$ lb.	Baking Powder, $\frac{1}{4}$ tsp.

1. Shred the suet finely.
2. Stone the raisins.
3. Cut the peel small.
4. Mix all dry ingredients together.
5. Mix treacle with a little milk and stir into the other ingredients.
6. Add sufficient milk to make it a thick batter.
7. Fill a well-greased basin quite full, or tie in a cloth.
8. Boil 3 hours.

BOILED RICE

1. Take one tea-cup of rice.
2. Wash the rice well.
3. Put it into plenty of boiling salted water.
4. Boil 10 or 12 minutes with the lid off the saucepan.
5. Strain through a colander.
6. Cover with a cloth and stand saucepan at side of stove until the rice is dry.

STEWED PEARS

Pears, 4 or 6
Water, 1 Bk.-cup
Sugar, 1 tea-cup

Sago, 1 dsp.
Ginger, 2 pieces

1. Peel the pears thinly.
2. Put water, sugar, and ginger into a saucepan.
3. Bring to the boil.
4. Put in the pears and simmer gently till tender.
5. Lift them out, wash the sago, put it into the boiling syrup.
6. Boil till clear and pour over the pears.

STEWED RHUBARB

Rhubarb, 4 or 5 sticks
Water, $\frac{1}{2}$ pint

Sugar, 1 tea-cup

1. Make a syrup with sugar and water.
2. Wash and dry the rhubarb.
3. Cut into pieces about 2 inches long.
4. Cook gently in the syrup till soft, but not broken.
5. Place in a dish carefully.

Note: Young rhubarb should not be skinned.

SUET PASTRY

Flour, $\frac{1}{2}$ lb.
Suet, 3 or 4 oz.
Salt, $\frac{1}{2}$ tsp.

Baking Powder, 1 tsp.
Water, about one tea-cup

1. Shred and chop or grate the suet finely after removing the skin.
2. Mix well with the flour, salt, and baking powder.
3. Mix to a light paste with the water.
4. Roll out on floured board.

STEAMED PUDDING

Egg, half	Milk, $\frac{1}{2}$ tea-cup
Sugar, 3 Tb.	Baking Powder, 1 tsp.
Flour, $1\frac{1}{2}$ tea-cups	Dripping (melted), 1 tsp.

1. Beat egg and sugar together five minutes.
2. Add melted dripping and milk.
3. Stir in flour to make a thick batter.
4. Add baking powder.
5. Put into a greased basin or mould.
6. Steam half an hour.

Note: This mixture may be used as a baked pudding, jam, syrup, or fruit may be put at bottom or dish or mould, or it may be cooked as a tea cake.

STEAMED BROWN PUDDING

1 tea-cup Flour	$\frac{1}{2}$ tsp. Soda
1 dsp. Sugar	Salt, a little
1 Tb. Jam or Marmalade	Milk to mix or 1 heaped dsp. <i>dried milk powder</i>
1 Tb. melted Fat	

Sift flour, salt, and soda into basin, add sugar, jam, and melted fat. Mix with milk to a drop batter. Steam in greased cups or basin 30 mins. to 1 hour.

Note: Syrup may be used in place of jam and spice and ground ginger added.

QUEEN PUDDING

Stale Bread, 1 slice	Essence, a little
Sugar, 1 tsp.	Jam, a little
Milk, 1 tea-cup	Butter, a little
Egg, $\frac{1}{2}$	

1. Grease pie-dish.
2. Fill with the buttered bread, cut into dice or fingers.
3. Mix egg yolk, sugar, essence, and milk.
4. Pour over bread.
5. Bake until set; do not allow it to boil.
6. Spread pudding with a little jam.
7. Beat white of egg until stiff; add a little sugar.
8. Pile roughly on top of pudding.
9. Return to oven to set and brown a little.

SAUCES

PLAIN WHITE SAUCE (I)

Milk and Water, $\frac{1}{2}$ pint Butter or dripping, 1 tsp.
Flour, 2 Tb. Salt and Pepper, to taste

1. Put half the milk in a saucepan and heat.
2. Mix the flour to a smooth batter with the rest of the milk.
3. Pour it into the hot milk.
4. Cook a few minutes, stirring all the time.
5. Add butter and seasoning.

WHITE SAUCE (II)

Flour, 2 Tb. Milk and Water, 1 Bk.-cup
Butter or Dripping, 1 Tb.

1. Melt the fat in a saucepan, do not brown.
2. Remove from the fire.
3. Stir the flour well in. Cook over very low heat.
4. Remove and add the liquid gradually.
5. Cook a few minutes, stirring well all the time.
6. Add sugar or salt and pepper as required.

Note: For a thin sauce use only 1 Tb. of flour.

PARSLEY SAUCE

Plain White Sauce, $\frac{1}{2}$ pint.
Parsley, finely minced and stirred into the cooked
sauce, 2 Tb.

ANCHOVY SAUCE

Plain White Sauce, $\frac{1}{2}$ pint.
Anchovy Essence, 1 dsp. stirred into the sauce.

VANILLA SAUCE

Milk, $\frac{1}{2}$ pint Cornflour, 2 dsp.
Sugar, 1 Tb. Vanilla, a few drops

1. Put half the milk in a saucepan with sugar.
2. Mix cornflour with the rest of the milk, stir it into the hot milk and cook a few minutes, stirring all the time. Add essence. Serve.

PLAIN CUSTARD SAUCE

Milk, $\frac{1}{2}$ pint	Sugar, 1 tsp.
Cornflour, 2 tsp.	Flavouring
Egg, one	

1. Put the milk in a saucepan.
2. Bring to the boil.
3. Mix cornflour with a little cold milk, and stir it into the hot milk.
4. Cook a few minutes.
5. Have the egg well beaten with sugar.
6. Pour the hot sauce on to the egg, stirring quickly.
7. Return to the fire and stir until the egg is set.
8. Add flavouring.

Note: The sauce must not boil after adding the egg.

GINGER SAUCE

Water, $\frac{1}{2}$ pint	Essence of Ginger, a few
Golden Syrup, 1 dsp.	drops
Cornflour, 2 Tb.	Lemon rind and juice, a
	little

1. Bring water, lemon rind and golden syrup to the boil. Strain.
2. Mix cornflour with a little cold water, stir into the hot mixture, add lemon juice.
3. Boil a few minutes, stirring all the time.
4. Add essence.

PASTRY

Rules for Pastry Making

1. When dripping is the fat used, cream before using.
2. Keep pastry cool while making.
3. Handle as little as possible.
4. Add liquid a little at a time, making a firm dry paste.
5. Roll out on a *lightly* floured board, using short light rolls.
6. Cook pastry in a very hot oven.
7. **Shortening** is the term used for any kind of fat. It may be butter, lard, dripping or margarine or a mixture of two or more of these fats.

SHORTENING

A good shortening for school or family use is made by mixing together 3 $\frac{1}{2}$ lb. good dripping (free from gravy), 1 lb. lard, 1 lb. butter.

Suet rendered down gives a good dripping.

Cod fat rendered gives a soft dripping free from taste or smell and is excellent for cakes or pastry.

SHORT PASTRY

Flour, 4 oz.

Baking Powder, $\frac{1}{2}$ tsp.

Dripping, 2 oz.

Water, to mix

Salt, a pinch

1. Cream dripping and then work lightly into the flour with the fingers or a knife.
2. Add salt and baking powder.
3. Mix to a stiff paste with water. Roll out.

Note: One teaspoon sugar may be added for a sweet paste.

FLAKY PASTRY

Flour, $\frac{1}{2}$ lb.

Baking Powder, $\frac{1}{2}$ tsp.

Shortening, 6 oz.

(if liked)

Salt, a pinch

Water, to mix

1. Mix flour, salt, and baking powder.
2. Divide the fat into four pieces.
3. Rub one piece into the flour.
4. Stir in the water, making a firm paste.
5. Roll out paste.
6. Put on one piece of fat in flakes.
7. Fold in three and roll out.
8. Repeat until all the fat is used.
9. Roll to the size needed.

APPLE PIE

Short Pastry, $\frac{1}{2}$ lb.

A little water

Fruit

Sugar, to sweeten

1. Half fill a pie-dish with apples.
2. Put in sugar and water.
3. Put in the rest of the apples.
4. Damp the edge of pie-dish.
5. Put on strip of pastry.
6. Damp again.
7. Put on lid.
8. Trim and decorate.
9. Bake till the apples are soft.

APPLE DUMPLINGS

Short Pastry, $\frac{1}{4}$ lb. Brown Sugar
Apples, 3 or 4 Cloves

1. Cut pastry into 3 or 4.
2. Roll each piece into a round.
3. Core and peel the apples, place on pastry.
4. Fill the apples with brown sugar and one clove.
5. Fold pastry over the apple.
6. Brush over with milk, and sprinkle sugar on top.
7. Bake in moderate oven till apples are cooked.
8. Try with a skewer.

CORNISH PASTY

Pastry, $\frac{1}{4}$ lb. Raw Potato, cut into
Raw Meat cut into small small dice, $\frac{1}{4}$ lb.
dice, $\frac{1}{4}$ lb. Pepper and Salt, to taste
Onion, 1 small Gravy or Water, 1 Tb.

1. Cut pastry into 4 pieces; roll out the pastry into rounds. Then roll each round slightly oblong.
2. Mix the ingredients together on a plate, and put some on each piece of pastry.
3. Wet the edges, join on the top; decorate the edge.
4. Prick and bake in a moderate oven about $\frac{1}{2}$ hour.

Note: Grated cheese may be used in place of meat.

MEAT PIE

Cooked or uncooked Beef Water or Stock
or Mutton, $\frac{1}{2}$ lb. Short or Flaky Pastry, $\frac{1}{4}$ lb.
Onion, 1 small Flour, $\frac{1}{2}$ Tb.
Salt and Pepper

1. Cut the meat in pieces; roll in flour.
2. Chop the onion fine.
3. Half fill the pie-dish with meat, then add onion and seasoning.
4. Fill the dish with the rest of the meat, add water or stock.
5. Roll out pastry about $\frac{1}{4}$ inch thick.
6. Line the rim of the dish.
7. Cover with pastry.
8. Decorate with pastry leaves; glaze; cook in a moderate oven about one hour.

Note: All meat pies must have a hole in the pastry to allow the steam to escape.

Raw diced potato may be used in place of some of the meat.

MINCE PIES

Flaky Pastry, $\frac{1}{2}$ lb.	Nutmeg, $\frac{1}{4}$ tsp.
Currants, 3 oz.	Cinnamon, $\frac{1}{4}$ tsp.
Breadcrumbs, 3 oz.	Lemon Juice, 1 tsp.
Suet, $1\frac{1}{2}$ oz.	Milk, about 2 Tb.
Brown Sugar, 1 oz.	Candied Peel, 1 oz.

1. Mix milk and breadcrumbs together.
2. Add all ingredients and mix well.
3. Roll out the pastry about $\frac{1}{4}$ inch thick.
4. Cut with a round cutter the size of the patty-pan, allowing two rounds for each mince pie.
5. Place one round in the patty-pan; fill with mixture; cover with the other round. Decorate.
6. Bake in a moderate oven till a nice brown.

SAUSAGE ROLLS

Pastry, $\frac{1}{2}$ lb.	Sausage or Sausage Meat, $\frac{1}{2}$ lb.
---------------------------	---

1. Skin and divide sausage.
2. Roll each piece in flour.
3. Roll out the pastry.
4. Cut into squares.
5. Put on the sausage.
6. Fold over with one edge damp.
7. Make three cuts on the top.
8. Brush over with egg.
9. Bake about 20 minutes.

SHORTCAKE

Flour, 4 oz.	Salt, a pinch
Butter or Dripping, 2 oz.	Baking Powder, 1 tsp.
Sugar, 1-2 oz.	Milk, a little

1. Cream dripping and sugar together.
2. Add sifted flour, baking powder, and salt.
3. Mix to a firm paste with a very little milk.
4. Divide paste into two pieces.

5. Roll out each piece to the same size and shape.
6. Cover one piece of paste with jam, dates, or sliced fruit covered with sugar.
7. Cover with remaining paste.
8. Pinch edges together and place on oven tray.
9. Mark in squares.
10. Bake in medium oven a pale brown.

Note: Half wholemeal and half white flour may be used.

EGGS

BOILED EGGS

Place the eggs in boiling water, and boil 3 to 4 mins.

CODDLED EGGS

Place the eggs in boiling water, draw pan to the side of the fire and leave eggs in 6 minutes.

HARD BOILED EGGS

Place the eggs in cold water, bring to the boil, turn off heat and leave for 10 minutes. Remove, crack the shell, and place in cold water.

POACHED EGG

Bring water with little salt and vinegar to boil. Break an egg into a saucer and slip it into hot water. Turn off heat and stand till the white is set. Serve on buttered toast.

SCRAMBLED EGG

Egg, one	Butter or Dripping, 1 tsp.
Milk, 2 Tb.	Buttered Toast, 1 slice
Salt, to taste	

1. Beat the egg a little.
2. Add milk and salt.
3. Melt the fat in a saucepan.
4. Pour in egg mixture.
5. Cook gently till set, stirring all the time.
6. Serve at once on the toast.

FRIED EGGS AND BACON

Eggs, two Bread, 2 slices
Bacon, 4 slices Fat, a little

1. Cut the bacon in thin slices.
2. Break the eggs into a saucer.
3. First fry the bacon lightly.
4. Lift out; keep hot.
5. Fry the bread.
6. Then fry the eggs till set.
7. Serve with bacon on the bread and eggs on the top.

OMELET

Egg, one Parsley (minced), 1 tsp.
Butter, 1 tsp. Salt to taste

1. Separate the white of the egg from the yolk.
2. Beat the yolk with the parsley and salt.
3. Beat the white to a stiff froth, stir it in lightly.
4. Put the butter in a small omelet pan, make very hot, pour in the mixture.
5. Cook 2 or 3 minutes over the fire, then place the pan on the top shelf in the oven, and cook a few minutes till set.
6. Fold over in pan. Turn on a hot dish. Serve at once.

BREAD, SCONES AND CAKES

RULES FOR CAKE MAKING

1. Prepare tins and have ingredients measured before beginning to mix.
2. For rich cakes the tins are lined with paper.
3. For sponges the tins are greased and floured.
4. In nearly all cake or scone recipes, wholemeal flour may be used in place of all or part of white flour.
5. Good dripping may be used in place of butter or lard.
6. Measure in this order:—1st, dry ingredients; 2nd, fats; 3rd, liquids.
7. Break eggs into cup or basin before adding to mixture.

8. Plain cakes, fat is rubbed into the flour.
9. Richer cakes, fat and sugar are beaten together until like cream, *i.e.*, creamed.
10. To get a fine texture beat mixtures well before adding baking powder.
11. Stir in baking powder just before cooking the cake.
12. Sift white flour.
13. In many cake recipes, rock cakes, gingerbread, etc., honey may be used in place of sugar, a little less being needed.

USING THE STOVES

In nearly all cases the oven must be well heated before scones or cakes are put in to cook. Sometimes scones are put into a cold electric oven. Both heats are turned to high until the heat reaches 250°, when the scones will be cooked.

When using gas or electricity bring the heat up to the required degree as quickly as possible.

“New World” Gas Stove: A chart is given with each stove showing the heat needed for cooking.

Electric Stove: In the new electric stoves a thermometer or indicator is attached to each oven, so that the heat is easily regulated.

The following table will serve as a guide.

To heat oven, turn both elements on to “high.”

	Heat Oven to	Cook with Top Element	Cook with Bottom Element	Time
Scones - -	450°	off	low	8-12 min.
Pastry - -	450°	low	low	—
Sponges - -	300-350°	off	low	10-20 min.
Biscuits - -	250-300°	low	low	10-15 min.
Bread - -	400°	off	medium	25-30 min.
Xmas Cake (Rich) -	275-300°	off	low	3½-4 hours
Fruit Cake (Light) -	375°	off	low	1-1½ hours
Rock Cakes - -	425°	low	low	15-20 min.

WHITE BREAD

Ingredients:—

Flour, 6 oz.	}	Sift together on a large plate
Salt, nearly $\frac{1}{2}$ tsp.		
Yeast, 1 full, not heaped, tsp.	}	Stir with tea-spoon until dissolved
Water (warm but not hot), 1 tea-cup		
Sugar, 1 tsp.		

Method of Mixing and Making Dough:—

1. Place yeast-liquid in bowl and add flour to make a light dough.
2. Continue beating the dough until it does not stick to the wooden spoon. If necessary, add just a little more flour.
3. Turn dough from bowl on to a lightly-floured board.
4. Knead, push and fold over lightly and quickly.
5. Roll piece of dough into a ball.
6. Leave covered on very lightly-floured board 15 to 20 minutes.
7. Turn dough right over, knock or press down, and fold it over.
8. Repeat this knocking and folding four to five times.
9. Fold into a nice loaf shape, and place in slightly greased tin.
10. Cover lightly, and allow to rise over warm, **not** very hot water, until double in bulk.
11. Bake in hot oven for about 25 minutes, or until quite baked.

MILK BREAD

Use above recipe, but in place of water for mixing use milk, scalded and then cooled to required temperature.

WHOLEMEAL BREAD (S.L.)

Use White Bread recipe with $\frac{1}{2}$ or $\frac{3}{4}$ wholemeal to $\frac{1}{2}$ or $\frac{1}{4}$ of white flour.

SOYBEAN AND WHOLEMEAL BREAD (S.L.)

Wholemeal Flour, 3 tea- cups Treacle, 1 tsp.
Soybean Flour, $\frac{1}{2}$ tea-cup Salt, $\frac{1}{2}$ tsp.
C. Yeast, 1 tsp. Warm Water, 1 tea-cup

Use method as for white bread. Put treacle with warm water and yeast. This bread needs longer cooking than white bread.

RYE BREAD (S.L.)

Use half wholemeal and half rye flour. Follow the same method as for white bread.

Note: Wholemeal flour should be made from the whole of the wheat grain except the outer husk or bran.

Rolls from any of these doughs will need 15-25 mins. cooking according to size.

BREAD RUSKS (S.L.)

Break stale bread into rough pieces or cut into fingers. Dip in milk, and brown in the oven until crisp.

Use in place of toast or with soft foods as milk puddings, stewed fruit, etc.

SOYBEAN FLOUR

This flour from the soybean is imported and is expensive but adds greatly to the nutritive value of wheat flour in bread or scones. Soybean flour is rich in protein, fat, lime, iron and vitamin B. Use 1 part soybean flour to 8-9 parts of wheat flour.

Scones

RULES FOR SCONE MAKING

1. Measure half the quantity of liquid that you have of flour.
2. Place soda and cream of tartar on the paste board and rub out lumps with the blade of a dry knife.

3. Rub fat into flour very lightly with the tips of the fingers.
4. **To mix**—Have all dry ingredients in the basin.
5. *Pour in as much liquid as you need*, and with a knife mix quickly to a light dough.
6. Turn on to a floured board, knead and pat out to about $\frac{1}{2}$ inch thickness. Cut and bake 10 mins. in very hot oven.

BROWN SCONES (S.L.)

Wholemeal Flour, 1 tea-	Shortening, 2 tsp.
cup	Milk, about 1 tea-cup
Sugar, $\frac{1}{2}$ tsp.	Salt, $\frac{1}{4}$ tsp.
Baking Powder, 2 tsp.	Flour, 1 tea-cup

1. Rub shortening into flour.
2. Mix all dry ingredients together.
3. Mix to a light dough with the milk.
4. Roll out about half inch thick.
5. Cut into squares.
6. Bake quickly about 10 minutes.

BAKING POWDER SCONES

Flour, 1 Bk.-cup	Fat, 2 tsp.
Sugar, $\frac{1}{2}$ tsp.	Baking Powder, 2 tsp.
Salt, $\frac{1}{4}$ tsp.	Milk, 1 tea-cup (about)

Method, the same as for Brown Scones.

BRAN SCONES (S.L.)

Flour, 2 tea-cups	Shortening, 2 tsp.
Bran, 1 tea-cup	Golden Syrup, 1 Tb.
Baking Powder, 2 tsp.	Milk, $\frac{1}{2}$ tea-cup

1. Mix all dry ingredients.
2. Melt fat and Golden Syrup and add to milk.
3. Mix to a tender dough.
4. Pat out $\frac{1}{2}$ in. thick and cut.
5. Bake in hot oven 10-15 mins.

BRAN SCONES SPICED (S.L.)

Flour, 2 tea-cups	Baking Powder, 3 tsp.
Bran, 1 teacup	Ginger (ground), 1 tsp.
Butter or dripping, 1 Tbs.	Cinnamon (ground), 2 tsp.
Sugar, 2 Tbs.	Milk to make <i>stiff</i> dough

Method, the same as for Brown Scones.

CHEESE SCONES

Flour, 1 Bk.-cup	Baking Powder, 2 tsp.
Salt, $\frac{1}{4}$ tsp.	Milk, 1 tea-cup
Fat, 2 tsp.	Pepper, a little
Grated Cheese, 1 Tb.	

Method, the same as for Brown Scones.

GIRDLE SCONES

Flour, 1 Bk.-cup	Salt, a pinch
Baking Powder, 2 tsp.	Milk, $\frac{1}{2}$ Bk.-cup

1. Sift flour, baking powder and salt into mixing bowl.
2. Pour in all the milk.
3. With knife mix quickly to a light dough.
4. Turn on to floured board.
5. Knead lightly and pat or roll to $\frac{1}{4}$ inch thickness.
6. Cut into 6 or 8 three-cornered scones.
7. Cook on hot girdle.

Note: These scones may also be cooked on iron tray heated over gas griller, top of coal range, or on large element of electric cooker.

POTATO SCONES

Potatoes (cooked and mashed), 1 tea-cup	Milk, 1 Tb.
Flour, 1 tea-cup	Dripping, 1 Tb.
Egg, 1 Tb.	Salt, a little
	Baking Powder, 1 tsp.

1. Rub the dripping into the flour.
2. Mix all ingredients together.
3. Roll out about half inch thick.
4. Cut into rounds.
5. Fry in a small quantity of fat.
6. Serve hot.

SOYBEAN SCONES (S.L.)

Flour, $1\frac{1}{2}$ tea-cups	Baking Powder, 2 tsp.
Soybean, $\frac{1}{4}$ tea-cup	Salt, $\frac{1}{2}$ tsp.
Sugar, 1 tsp.	Milk, 1 tea-cup

1. Sift together all dry ingredients.
2. Mix to a light dough.
3. Knead lightly on floured board.
4. Roll and cut.
5. Cook in hot oven 10-15 mins.

DROP SCONES

Use any of the scone recipes. After mixing put in rough heaps on a cold oven tray, and cook as you would Rock Cakes.

SODA AND CREAM OF TARTAR SCONES

Flour, 1 Bk.-cup	Soda, $\frac{1}{4}$ tsp.
Salt, $\frac{1}{4}$ tsp.	Milk, about 1 tea-cup
Cream of Tartar, 1 tsp.	Fat, 2 tsp.
Sugar, $\frac{1}{4}$ tsp.	

1. Put the flour into a basin, and rub in the fat.
2. Add salt, sugar, soda, and cream of tartar rubbed through a strainer.
3. Mix well.
4. Add all the milk quickly, mixing with a knife.
5. Turn on to floured board and knead lightly.
6. Roll out about $\frac{3}{4}$ inch thick.
7. Cut into squares.
8. Place on tray and bake in a hot oven.

SCONE OR NUT LOAF (S.L.)

(White or wholemeal flour.)

Flour, 1 Bk.-cup	Egg, $\frac{1}{2}$
Sugar, 1 Tb.	Milk, 1 tea-cup (about)
Salt, $\frac{1}{4}$ tsp.	Baking Powder, 2 tsp.
Chopped Nuts, 1 Tb.	

1. Mix all dry ingredients together.
2. Make a well in the centre.
3. Pour in milk and beaten egg.
4. Mix quickly.
5. Pour into a greased cake or baking-powder tin.
6. Bake in a moderate oven about half hour.

WHOLEMEAL RUSKS (S.L.)

White Flour, 1 tea-cup	Baking Powder, 2 tsp.
Wholemeal, 1 tea-cup	Salt, $\frac{1}{4}$ tsp.
Sugar, 1 Tb.	Milk, to mix
Shortening, 1 Tb.	

1. Put dry ingredients into basin.
2. Cream dripping, then chop and rub into flour.
3. Add milk to make a scone dough.
4. Pat or roll out as for scones.
5. Bake in a quick oven 8-10 minutes.
6. When nearly cooked remove from the oven and split open.
7. Return to oven to dry and brown lightly.

Biscuits

BRAN BISCUITS (S.L.)

Flour, $\frac{1}{2}$ tea-cup	Brown Sugar, $1\frac{1}{4}$ Tb.
Bran, $\frac{1}{2}$ tea-cup	Shortening, $1\frac{1}{4}$ Tb.
Baking Powder, $\frac{1}{2}$ tsp.	Spice, $\frac{1}{2}$ tsp.
Egg and milk to mix.	

1. Put all dry ingredients in basin.
2. Rub shortening into flour.
3. Mix to stiff paste with egg and milk.
4. Roll out thinly and bake in steady oven 10 mins.

CHEESE STRAWS

Cheese, 1 oz.	Breadcrumbs, 1 oz.
Butter, 1 oz.	Pepper and Salt
Flour, 1 oz.	Little Cayenne

1. Rub fat into flour.
2. Add all other ingredients.
3. Mix to firm paste with cold water or milk.
4. Roll out thinly on floured board.
5. Cut into fingers.
6. Cook in steady oven about 5 mins.

Note: Another oz. of flour may be used in place of breadcrumbs. Straws may be made from odd scraps of pastry.

1. Place pastry scraps one on top of the other and roll out.
2. Cover with grated cheese, add little pepper.
3. Fold and roll again.
4. Cut into fingers and bake.

GINGERBREAD BISCUITS

White Flour, 2 oz.	Ground Ginger, $\frac{1}{2}$ tsp.
Wholemeal, 2 oz.	Dripping, 2 oz.
Soda, $\frac{1}{2}$ tsp.	Treacle, 2 oz.
Cream of Tartar, $\frac{1}{2}$ tsp.	Brown Sugar, 2 oz.

1. Melt the butter, sugar, and treacle together.
2. Pour all into the dry ingredients.
3. Mix well.
4. Put in tsps. on a greased tin.
5. Bake in a moderate oven.

LEMON BISCUITS

Flour, $\frac{1}{2}$ lb.	Milk, about 1 Tb.
Butter or Dripping, 2 oz.	Essence of Lemon, a few drops
Sugar, $1\frac{1}{2}$ oz.	
Egg, a little	Baking Powder, $\frac{1}{2}$ tsp.

1. Cream the butter and sugar.
2. Beat up the egg and add it.
3. Mix baking powder with the flour.
4. Mix all to a paste.
5. Roll out thin.
6. Cut into rounds.
7. Bake slowly.

OATCAKE (S.L.)

Flour, 3 Tb.	Dripping, $\frac{1}{2}$ Tb.
Oatmeal, 4 Tb.	Soda, $\frac{1}{2}$ tsp.
Salt, $\frac{1}{2}$ tsp.	Boiling Water, $\frac{1}{2}$ tea-cup

1. Put all dry ingredients into basin.
2. Dissolve fat in boiling water.
3. Add to flour, etc., and mix quickly to stiff paste.
4. Use oatmeal on board and roll into a thin round.
5. Cut into 8 pieces.
6. Bake in rather slow oven until quite firm.

OATMEAL BISCUITS (S.L.)

Flour, $\frac{1}{2}$ lb.	Cinnamon, $\frac{1}{2}$ tsp.
Oatmeal, 2 oz.	Butter or Dripping, 2oz.
Sugar or Honey, 2 oz.	Baking Powder, $\frac{1}{2}$ tsp.
Ginger, $\frac{1}{2}$ tsp.	Egg, $\frac{1}{2}$

1. Mix flour and oatmeal together.
2. Rub in the butter or dripping.
3. Mix all dry ingredients.
4. Make to a stiff paste with egg and a little milk.
5. Roll out thin.
6. Cut into rounds. Place on greased tray.
7. Bake in a moderate oven until a light brown.

PARKINS (S.L.)

Flour, 1 level tea-cup	Syrup, 1 Tb.
Oatmeal, $\frac{1}{2}$ tea-cup	Sugar or Honey, 1 Tb.
Spice, $\frac{1}{2}$ tsp.	Dripping, $1\frac{1}{2}$ Tb.
Ground Ginger, $\frac{1}{2}$ tsp.	Soda, $\frac{1}{2}$ tsp.

1. Cream dripping and sugar, or honey.
2. Add all other ingredients.
3. Mix to a fairly firm dough with boiling water.
4. Roll into small balls.
5. Place on a greased oven tray. Leave space for spreading.
6. Bake in moderate oven about 10 minutes.

VI-MAX OR WHOLEMEAL BISCUITS (S.L.)

Vi-max, 1 tea-cup	Baking Powder, 1 tsp.
Flour, 1 tea-cup	Salt, $\frac{1}{2}$ tsp.
Brown Sugar, 3 Tb.	Spice or Vanilla Essence
Shortening, 2 Tb.	Milk, to mix

1. Mix together all dry ingredients.
2. Rub in shortening.
3. Mix to firm dough with the milk.
4. Roll out thinly on floured board.
5. Cut and bake in steady oven 10-15 mins.

WHOLEMEAL WAFERS (S.L.)

Wholemeal, 1 tea-cup	Soda, $\frac{1}{2}$ tsp.
Flour, 2 oz.	Salt, $\frac{1}{2}$ tsp.
Sugar or Honey, 1 tsp.	Shortening, $1\frac{1}{2}$ Tb. <u>2+6</u>
Cream of Tartar, $\frac{1}{2}$ tsp.	

1. Rub shortening into dry ingredients.
2. Mix to stiff paste with milk.
3. Roll out thinly and cut into fingers.
4. Bake well in steady oven. Butter before using.

Cakes

BRAN GEMS (S.L.)

Bran, 1 tea-cup	Soda, $\frac{1}{4}$ tsp.
Wholemeal, $\frac{1}{2}$ tea-cup	Baking Powder, $\frac{1}{4}$ tsp.
Syrup, $\frac{1}{2}$ tea-cup	Salt, $\frac{1}{2}$ tsp.
Milk, $\frac{1}{2}$ tea-cup	Nuts if liked

1. Mix bran, wholemeal, salt and baking powder.
2. Add syrup slightly warmed.
3. Add soda dissolved in milk. Mix well.
4. Cook in ungreased patty tins in moderate oven.

COCONUT BUTTONS

Flour, 5 oz.	Soda, $\frac{1}{2}$ tsp.
Sugar, 2 oz.	Cream of Tartar, 1 tsp.
Butter or Dripping, 2 oz.	Egg, a little
Coconut, $\frac{1}{2}$ tea-cup	

1. Rub the butter into the flour.
2. Add all other dry ingredients.
3. Mix to a stiff paste with the egg, and add a little milk if too stiff.
4. Roll in balls the size of marbles.
5. Dip in sugar.
6. Bake on a greased tin in a quick oven for 5 mins.

DATE AND NUT LOAF (S.L.) -

✓ Dates, $\frac{1}{2}$ tea-cup	✓ Baking Powder, $\frac{1}{2}$ tsp.
✓ Flour, 1 tea-cup	✓ Soda, $\frac{1}{2}$ tsp.
Boiling Water, $\frac{1}{2}$ tea-cup	✓ Nuts, 1 Tb.
✓ Sugar, $\frac{3}{4}$ tea-cup	✓ Salt, $\frac{1}{4}$ tsp.

1. Pour boiling water over dates and soda.
2. Add to other ingredients and mix well.
3. Put into greased tin.
4. Bake in medium oven about $\frac{1}{2}$ hour.

ECCLES CAKES

Butter or Dripping, 1 oz.	Cinnamon, $\frac{1}{2}$ tsp.
Brown Sugar, 2 oz.	Nutmeg, a little
Candied Peel, 1 oz.	Short or Flaky Pastry, $\frac{1}{2}$ lb.
Currants, 4 oz.	

1. Cream the butter and sugar.
2. Stir in the other ingredients.
3. Roll the pastry out thinly and cut into rounds.
4. Put a little of the mixture on each, wet the edges and pinch them together to form a ball.
5. Turn over and flatten till the currants show through.
6. Mark the top, sprinkle with sugar, and bake.

FIG AND DATE CAKE

Flour, $\frac{1}{2}$ lb.	Cream of Tartar, 2 tsp.
Sugar, 3 oz.	Dates, 8 or 9
Butter or Dripping, 1 oz.	Figs, 2 or 3
Egg, one	Milk, 1 tea-cup
Soda, 1 tsp.	

1. Put the sugar in a basin.
2. Melt the butter and pour it on the sugar.
3. Mix well.
4. Beat the egg well and mix it with the milk.
5. Work the egg and milk into the sugar and butter.
6. Beat well. Add flour all at once.
7. Add fruit cut small and soda and cream of tartar.
8. Bake in a shallow greased tin about half an hour.

FRUIT CAKE

Flour, $\frac{1}{2}$ lb.	Sultanas, $\frac{1}{4}$ lb.
Sugar, 2 oz.	Candied Peel, 2 oz.
Shortening, 3 oz.	Baking Powder, 1 tsp.
Eggs, two	Golden Syrup, 1 Tb.
Milk, a little	Cinnamon, $\frac{1}{4}$ tsp.
Currants, $\frac{1}{4}$ lb.	Spice, $\frac{1}{4}$ tsp.

1. Measure out all ingredients.
2. Grease and paper the cake tin.
3. Put sugar and butter into a basin.
4. Sift the flour.
5. Clean the fruit and cut up the candied peel.
6. Beat the egg until light.
7. Cream the butter and sugar.
8. Stir in the golden syrup, cinnamon, and spice.
9. Add the egg and flour gradually.
10. If the batter is too stiff add a little milk.
11. Add the fruit and baking powder.
12. Bake in a moderate oven about 1 hour.

GINGERBREAD (S.L.)

Flour, 4 oz.	Golden Syrup, 2 Tb.
Spice, 1 tsp.	Brown Sugar, 2 Tb.
Ginger, 1 tsp.	Shortening, 2 Tb.
Soda, 1 tsp.	Milk, 4 Tb.
Vinegar, 2 Tb.	

1. Sift flour and spice into basin, add sugar.
2. Warm fat, syrup and milk.
3. Dissolve soda in little warm milk.
4. Pour the warmed fat, syrup, soda, etc., into dry ingredients.
5. Mix well, then add vinegar.
6. Bake in tin or patty cases.
7. Moderate oven.

LEMON BUNS

Flour, $\frac{1}{2}$ lb.	Lemon rind (grated), 1
Sugar, 2 oz.	tsp.
Shortening, 2 oz.	Milk, about 1 tea-cup
Egg, a little	Baking Powder, 2 tsp.

1. Rub the shortening into the flour.
2. Add all dry ingredients.
3. Beat the egg.
4. Mix all to a rather stiff paste.
5. Roll into small balls and dip in sugar.
6. Place on a greased tin.
7. Bake for 20 mins.

PEANUT COOKIES (S.L.)

Shortening, 2 oz.	Baking Powder, $\frac{1}{4}$ tsp.
Sugar, $\frac{1}{2}$ Bk.-cup	Coconut, 1 Tb.
Wholemeal, $\frac{1}{4}$ Bk.-cup	Peanuts, 1 Tb.
Cocoa, $1\frac{1}{2}$ tsp.	Salt, little
Egg, $\frac{1}{2}$	

1. Beat shortening to cream.
2. Add beaten egg and other ingredients.
3. Place in small heaps on greased tray.
4. Bake in moderate oven 15 mins.

PIKELETS (1)

Flour, 1 Bk.-cup	Cream of Tartar, 2 level
Sugar, 1 dsp.	tsp.
Soda, 1 level tsp.	Egg (well beaten), 1
Milk, $\frac{1}{2}$ Bk.-cup	

1. Mix all dry ingredients together.
2. Mix the egg with the milk.
3. Make a hole in the centre of the dry ingredients.
4. Pour in the egg and milk and mix to a smooth batter.
5. Grease a girdle or frying-pan with dripping; when quite hot drop on the mixture in small quantities.
6. When bubbles form on the top turn and brown the other side.

PIKELETS (2)

Flour, 1 tea-cup	Egg, $\frac{1}{2}$ beaten
Baking Powder, $\frac{1}{2}$ tsp.	Shortening (melted), 1 Tb.
Salt, a pinch	Milk to make a drop batter
Sugar, 1 Tb.	

1. Sift together flour, baking powder and salt.
2. Add sugar.
3. Drop in egg.
4. Add milk.
5. Beat well with a knife.
6. Fold in shortening.
7. Cook as in first recipe.

QUEEN CAKES

- Flour, 4 oz.	- Sultanas, 2 oz.
- Sugar, 2 oz.	- Soda, $\frac{1}{2}$ level tsp.
- Butter or Dripping, 2 oz.	Essence of Lemon, a few
- Egg, one	drops
- Milk, $\frac{1}{2}$ tea-cup	

1. Cream the butter and sugar.
2. Beat the egg and add the milk to it.
3. Dissolve the soda in a little of the milk.
4. Mix all ingredients together.
5. Beat well.
6. Bake in greased patty-pans in a moderate oven.
7. Bake about 15 minutes.

Note: Baking powder may be used in place of soda but this should be added after the beating is finished.

ROCK CAKES (S.L.)

Flour, $\frac{1}{2}$ lb. ($\frac{1}{2}$ wholemeal) Lard or Dripping, 2 oz.
Sugar, 2 oz. Candied Peel, 1 oz.
Currants, 2 oz. Baking Powder, 2 tsp.
Egg (well beaten), one Milk, about 1 tea-cup

1. Rub the lard or dripping into the flour.
2. Add other dry ingredients.
3. Then add the egg and sufficient milk to make a light dough.
4. Place in rocky heaps on a greased tin.
5. Bake in a moderate oven about 15 minutes.

Note: These cakes may be varied by using cocoa, nuts, dates, etc., in place of currants.

SPONGE

Egg, one Sugar, 3 Tb.
Flour, 4 Tb. Baking Powder, $\frac{1}{2}$ tsp.
Water, 1 Tb.

1. Beat egg.
2. Add sugar, and beat 10 mins.
3. Add water and beat again until quite thick.
4. Stir in sifted flour.
5. Stir in baking powder.
6. Put at once into two small greased and floured sandwich tins.
7. Bake in moderate oven about 10 minutes.

Note: Half cornflour and half flour makes a very good sponge. Double quantities for home use.

SPONGE—BILLY

Egg yolk, 1 Baking Powder, $\frac{1}{2}$ tsp.
Sugar, 3 Tb. Egg white, 1
Boiling water, 1 Tb. Salt, $\frac{1}{2}$ tsp.
Flour, 4 Tb.

1. Beat egg yolk and sugar.
2. Add boiling water and beat again.
3. Fold in stiffly beaten egg white.
4. Stir in flour and baking powder.
5. Cook in deep greased tin, about 35 minutes. Slow oven, electric 350°, gas 5.

SPONGE SANDWICH

Flour, 1 level tea-cup	Butter (melted), $\frac{1}{2}$ tsp.
Sugar, $\frac{1}{2}$ tea-cup	Water (boiling), 2 Tb.
Egg, one	Baking Powder, $\frac{1}{2}$ tsp.

1. Beat the egg till light.
2. Add the sugar and beat again for about 10 minutes until the sugar is dissolved.
3. Add boiling water, then the flour and baking powder.
4. Pour into two small well greased and floured sandwich tins.
5. Bake in a moderate oven about 8 or 10 minutes.
6. When cold join together with jam.

Note: Use the same mixture for Sponge Roll, and double quantities if needed for home use.

SEED CAKE

Flour, $\frac{1}{2}$ lb.	Milk, to mix
Dripping or Butter, 3 oz.	Egg, one
Sugar, 4 oz.	Peel, $\frac{1}{2}$ oz.
Carraway Seeds, $\frac{1}{4}$ oz.	Baking Powder, 2 level tsp.

1. Rub the butter or dripping into the flour.
2. Add all dry ingredients.
3. Add beaten egg and enough milk to moisten.
4. Mix well.
5. Bake about 1 hour in greased tin.

Note: Two eggs may be used. The butter and sugar may be creamed.

SHORTBREAD

Flour, $\frac{1}{4}$ lb.	Sugar (fine), 1 oz.
Butter, 2 oz.	Salt, a pinch

1. Cream the butter.
2. Add the sugar.
3. Add the flour.
4. Work with the hand to a stiff paste.
5. Press the mixture into a shallow tin.
6. Make the top quite smooth with a knife.
7. Prick with a fork.
8. Bake in a moderate oven about half an hour.
9. Cut into squares while warm.

ROLLED OATS SHORTBREAD (S.L.)

Rolled Oats, 1 Bk.-cup	Baking Powder, $\frac{1}{4}$ tsp.
Sugar, $\frac{3}{4}$ tea-cup	Butter (melted), $2\frac{1}{2}$ oz.
Coconut, 1 tea-cup	Little Salt and Vanilla

1. Mix all ingredients.
2. Press into a flat tin.
3. Bake in slow oven.
4. When cooked, cut into squares.

VI-MAX AND WHOLEMEAL "CHEWS" (S.L.)

Vi-max, $\frac{3}{4}$ tea-cup	Egg, 1
Wholemeal, $\frac{3}{4}$ tea-cup	Baking Powder, 1 tsp.
Shortening, 2 oz.	Dates, $\frac{1}{2}$ tea-cup
Brown Sugar, 2 oz.	Walnuts, $\frac{1}{2}$ tea-cup
Preserved Ginger, $\frac{1}{2}$ tea-cup	

1. Cream shortening and sugar.
2. Beat in egg.
3. Add flour, Vi-max and the chopped ginger, dates and walnuts.
4. Mix well.
5. Sift in baking powder.
6. Cook in sandwich tin in moderate oven 20-30 mins.
7. When cool, cut into fingers.
8. Store like biscuits in air-tight tin.

YORKSHIRE TEA CAKE

Flour, 1 Bk.-cup	Salt, $\frac{1}{4}$ tsp.
Sugar, 1 Tb.	Baking powder, 2 tsp.
Shortening, 1 Tb.	Milk and egg, $\frac{2}{3}$ cup

1. Rub shortening into flour.
2. Add other dry ingredients.
3. Mix to firm dough.
4. Cut in half.
5. Roll into two rounds.
6. Spread one piece with jam and sprinkle with coconut.
7. Place other half on top.
8. Bake on greased tray 10-12 minutes in hot oven.

- USING HONEY

In nearly all recipes for biscuits and plain cakes honey may be used in place of sugar. Honey is sweeter than sugar, so a little less is needed.

PRESERVING FRUIT AND VEGETABLES

Fruits and vegetables may easily be bottled but this method of keeping these foods is not generally recommended for home use as with the exception of tomatoes there is often loss of vitamin C. during the process. It is better to use fresh fruit and vegetables.

In commercial preserving where the vacuum packing methods are used there is not this loss of vitamin C.

BOTTLING TOMATOES

Cold pack: Use only good fruit, firm and not over ripe. Wipe carefully and pack into thoroughly clean screw-top jars. Fill jars to the brim with cold water adding 1 tsp. salt. Put on rubber rings and screw lid partly down. Cook in the oven 35 mins. or in a water bath 30 mins. Screw down tightly at once.

Open Kettle: Thoroughly clean both jars and rings—boil 10–15 mins. Dip tomatoes into boiling water to remove skins. Cook in a very little water 8–10 mins. Add 1 tsp. salt and 2 tsp. sugar to each quart. Fill the hot jars to the top with the boiling fruit. Seal at once and invert to cool, to be sure they are sealed.

Tomato Pulp: Cut the fruit and cook without water until well pulped. Add 1 tsp. salt to each quart. Strain, return to the saucepan and boil up again. While boiling hot fill the jars as in the open kettle method. Seal at once and invert to cool.

Note: If the water bath is used the water must come 2–3 ins. above the top of the jars. *Electric oven*—Stand jars in tin of cold water and place in cold oven. Cook at 275°. *Gas oven*—Put dial at 3. Too much or too quick cooking sends fruit to the top of jar.

DRYING FRUITS & VEGETABLES

Many fruits and vegetables are easily preserved in this way. They must be quite sound and not over-ripe or mature. To dry spread on trays or racks in the sun or in a cool oven with the door slightly open. Store in bags, in tins or in jars.

TO DRY APRICOTS OR PEACHES

Wipe, or wash and wipe, the freshly pulled fruit.
Cut in halves and remove the stones.
Spread in a single layer on rack or tray.
Dry slowly in the sun or in a cool oven.
Turn several times during the drying.
When they become tough but not brittle, they should be cooled and stored.

TO DRY STRING BEANS

Wash and dry the freshly pulled beans.
Slice as for cooking.
Put into fast boiling water for five minutes.
Drain and dry on a clean cloth.
Spread on rack or tray.
Dry and finish as apricots or peaches.

INVALID DISHES

ARROWROOT OR CORNFLOUR

Arrowroot, $\frac{1}{2}$ Tb.	Salt, a pinch
Sugar, 1 tsp.	Milk, 1 Bk.-cup

1. Blend arrowroot with a little cold milk.
2. Boil the remaining milk.
3. Remove from the fire and stir in the arrowroot, sugar, and salt.
4. Boil a few minutes stirring all the time.
5. Serve in a cup or small fancy basin.

A grate of nutmeg or other flavouring may be added if allowed.

APPLE SNOW

Baked Apple, 1 Sugar, 1 tsp.
Egg White, 1

1. Remove the pulp of the apple and beat until smooth.
2. Add sugar.
3. Beat white of egg until stiff and mix in apple pulp.
4. Put into lightly greased pie-dish.
5. Bake until set.

Note: This may be served, without cooking, piled roughly on small dish.

BARLEY WATER

Pearl Barley, 1 oz. Salt, $\frac{1}{2}$ tsp.
Water, 1 pt. Lemon rind

1. Wash barley well.
2. Cover with fresh water.
3. Boil a few minutes, then strain away the water.
4. Add the pint of fresh water, salt and small piece of the yellow lemon rind.
5. Boil 10 mins. and strain the water into a cup or fancy basin.

Note: The barley strained out may be used for a milk pudding, page 28, or in soup.

BEEF TEA

Gravy Beef, $\frac{1}{2}$ lb. Salt, to taste
Water, $\frac{1}{2}$ pint

1. Scrape or chop the meat, and free it from fat and skin.
2. Cover with cold water, add salt.
3. Let it stand half an hour.
4. Heat slowly until it changes colour.
5. Do not boil.
6. Stir well.
7. Then strain, remove all fat, and serve with toast.

BREAD AND MILK

Bread, 1 oz. (about) Milk, $\frac{1}{2}$ pint

1. Cut the crumb part of bread into small dice.
2. Soak in the cold milk 10 or 15 minutes.
3. Heat slowly until the milk begins to bubble.
4. Stand on cooler part of stove for a few minutes, then serve. It may be beaten until smooth.

Note: It should not boil.

- Note:** Porridge is made by this same recipe, but is not strained.

Cornflour or Semolina, 2	Lemon rind, a little
Tb.	Water, 1 Bk.-cup
Sugar, 1 Tb.	Egg, 1 white
Lemon Juice, 1 tsp.	

- Note: The egg yolk may be used for a boiled custard to serve with the Lemon Snow.

Lemon, one Sugar, to taste
Boiling Water, $\frac{1}{2}$ pint

- | | |
|---------------------------|------------------------------|
| Milk, $\frac{1}{2}$ pint | Cornflour, $\frac{3}{4}$ Tb. |
| Sugar, 2 tsp. | Egg white, 1 |
| A little Salt and Essence | |

1. Blend cornflour with a little of the milk.
2. Put the rest of the milk to boil.
3. Stir in the cornflour and boil 3-5 mins. Stir well.
4. Add sugar, salt and essence if allowed. Cover until cold.
5. When cold stir in lightly the stiffly beaten egg white.

ORANGE JELLY

Gelatine, $\frac{1}{2}$ oz. (1 Tb.) Rind and juice of half a
 Water, $\frac{3}{4}$ pint Lemon
 Orange juice, 1 tea-cup The thin rind of half an
 Sugar, 1 tea-cup Orange

1. Soak the gelatine in a little of the water until soft.
2. Put all the other ingredients into a saucepan with the exception of the orange and lemon juice.
3. Bring all to the boil, stirring all the time.
4. Take the saucepan off the fire; add the soaked gelatine and juice, and stir it in well; strain.
5. When cool pour into a glass dish.

SAGO SOUP

Soup or Stock, 1 tea-cup Sago, 1 tea-spoon
 Egg, $\frac{1}{2}$ or yolk only

1. Wash sago and cook in the stock until clear.
2. Beat the egg and pour the soup over.
3. Season carefully and serve.

Note: The egg is sufficiently cooked by the hot stock.

SAVOURY CUSTARD

Soup or Beef-tea, 1 tea- Egg, $\frac{1}{2}$
 cup

1. Beat egg and mix with the soup.
2. Season carefully.
3. Pour into a greased cup.
4. Cover with greased paper.
5. Steam until lightly set.
6. Serve with toast fingers or bread and butter rolls.

SPANISH CREAM

Egg, 1 Water, to dissolve
 Milk, $\frac{1}{2}$ pint Gelatine, 1 dsp.
 Sugar, 1 Tb. Essence, to taste

1. Soak gelatine in cold water.
2. Set in pan of hot water to melt.
3. Beat egg yolk and sugar a little.
4. Bring milk to the boil.
5. Pour on to the egg and sugar.
6. Cook over very low heat until custard will coat the stirrer.

7. When nearly cold pour in melted gelatine and essence.
8. When beginning to set fold in the stiffly beaten egg white.
9. Pour into wet mould to set.

TOAST WATER

Stale Bread, 1 slice A squeeze of Lemon Juice
Boiling Water, $\frac{1}{2}$ pint

1. Dry the bread in the oven.
 2. Toast until well browned on both sides.
 3. Put into a jug or basin.
 4. Pour the boiling water over.
 5. Cover and stand 20-30 mins.
 6. Strain through muslin.
 7. Serve in a tumbler, add lemon juice.
-

SALADS

SALAD DRESSING (Boiled) I

Vinegar, $\frac{1}{2}$ tea-cup	Made Mustard, $\frac{1}{2}$ tsp.
Sugar, two tsp.	Pepper and Salt, to taste
Egg, one	Water, $\frac{1}{2}$ tea-cup
Flour, 1 level Tb.	Butter or Dripping, $\frac{1}{2}$ Tb.

1. Melt butter in saucepan.
2. Mix in the mustard, flour, and sugar.
3. Add seasoning.
4. Gradually add the vinegar, water, and beaten egg.
5. Stir over the fire until it thickens (must not boil).
6. When cold add a little milk or cream.

SALAD DRESSING II

Flour, 2 Tb.	Sugar, 1 tsp.
Butter or dripping, 1 Tb.	Salt, $\frac{1}{2}$ tsp.
Milk, 1 tea-cup	Mustard, $\frac{1}{2}$ tsp.
Vinegar, $\frac{1}{2}$ tea-cup	

1. Melt butter in saucepan.
2. Remove from heat.

3. Add flour and milk gradually.
4. Stir over heat until boiling.
5. Cook 5 minutes.
6. Beat well.
7. Add sugar, condiments and vinegar.

SALAD DRESSING (Unboiled)

Egg, 1 hard-boiled	Sugar, 2 tsp.
Salt, $\frac{1}{4}$ tsp.	Vinegar, 1 Tb.
Mustard, $\frac{1}{4}$ tsp.	Milk or Cream, 2 Tb.

1. Rub yolk of egg with the salt, mustard, and sugar until smooth.
2. Add milk gradually.
3. Stir in the vinegar very slowly.

Note: Use white of egg to garnish salad.

FRENCH DRESSING

Salad Oil, 4 Tb.	Salt, 1 tsp.
Vinegar, 2 Tb.	Pepper, $\frac{1}{4}$ tsp.

1. Mix oil, pepper and salt until salt is dissolved.
2. Add vinegar drop by drop stirring constantly. It should be quite smooth and creamy.

Note: Lucca is the best salad oil to use.

VARIOUS SALADS

1. Cooked diced potato, beetroot.
2. Tomato (raw) and cooked peas.
3. Tomato (raw) and cooked French beans, finely chopped onion.
4. Cooked cauliflower and carrot.
5. Shredded raw cabbage (white), finely sliced onion, and grated raw carrot.
6. Shredded raw cabbage. Chopped apple in dressing—chopped peanuts.
7. Lettuce leaves, sliced banana in dressing—chopped nuts.
8. Whenever possible use freshly pulled salad greens and prepare just before serving.

JAMS, SWEET AND SAVOURY FILLINGS

DRIED APRICOT JAM

Apricots, 3 lb. Sugar, 6 lb.
Water (warm), 7 pints

1. Wash fruit thoroughly in several waters.
2. Soak in the warm water—leave 2 to 3 days.
3. Bring to boiling point and boil until fruit is soft.
4. Add sugar and a few blanched almonds, and boil quickly 15 to 20 minutes.

APPLE AND LEMON JAM.

1. To 1 lb. of apples add the grated rind and juice of one lemon, and $\frac{1}{4}$ pt. of water.
2. Boil until it pulps.
3. Add $\frac{3}{4}$ lb. sugar and boil until it sets.

CREAM CHEESE I (S.L.)

To use left-over milk.

Allow the milk to sour, or sour it by adding lemon juice, and when a firm clot is obtained place in a muslin cloth and leave overnight to drain. Break up the curd and flavour with salt and pepper, or sugar, dried fruits and grated lemon rind.

CREAM CHEESE II

Cheese, grated, 1 tea-cup Butter, 2 Tb.
Milk, $\frac{1}{2}$ tea-cup Mustard, $\frac{1}{4}$ tsp.
Egg, 1 Pepper and Salt

1. Beat egg and add all other ingredients.
2. Stand the basin over saucepan of boiling water.
3. Stir until thick—**must not boil**.
4. Put into small jars.

Note: Keeps only a few days after opening.

DATE, NUT AND LEMON PASTE (S.L.)

Dates, 1 cup

Nuts, $\frac{1}{2}$ cup

Lemon, 1

Heat the dates and lemon juice till soft, then add chopped nuts. Store in a jar. This keeps for a fortnight. Any dried fruit may be used.

RASPBERRY JAM I

1. Weigh the fruit and allow $\frac{3}{4}$ lb. of sugar to 1 lb. fruit.
2. Simmer the fruit in a little water for 20 minutes.
3. Add sugar and boil, stirring well now and then.
4. Cook until it sets.
5. Put in jars, quite filling them.
6. Cover the top while hot with white paper which has been coated with paste.

RASPBERRY JAM II

Allow 1 lb. of sugar and $\frac{1}{2}$ tea-cup of water to each pound of fruit.

Follow the method as in first recipe.

LEMON HONEY

Sugar, 1 tea-cup

Butter, 1 oz.

Lemon (grated rind
and juice), one

Egg, one

1. Grate only the yellow part of the lemon rind.
2. Strain the juice.
3. Beat the egg a little.
4. Put all ingredients into a small saucepan.
5. Cook gently till thick and smooth, stirring all the time (must not boil).

Passion fruit honey is made in the same way, using the strained juice of 2 or 3 fruit in place of lemon.

LEMON SYRUP

Sugar, 2 lb.

Citric Acid, 1 oz.

Water, 2 pints

Lemon Essence, 1 tsp.

1. Boil sugar and water 10 minutes.
2. Add the acid, and, when that is dissolved, strain through muslin into a basin.
3. Add lemon essence.
4. Bottle when cold and cork tightly.

LIVER PASTE (S.L.)

Mince a small piece of fried liver, mix it into well softened butter and add salt to taste. A hard boiled egg may be chopped and added if desired. Make small quantities, as this does not keep long.

PEANUT BUTTER (S.L.)

Shell the peanuts and put in a cool oven till browned. Remove the skins and put nuts through a mincer several times until a smooth oily pulp is obtained. Add a little salt and melted butter, mix well, and put into pots.

MARMALADE

Grape fruit or Poorman	Water, 3 pts.
orange, 1.	Sugar, 3 lb.
Lemon, 1	

1. Cut fruit very finely.
2. Soak in water 24 hours.
3. Boil 1 hour.
4. Add sugar.
5. Boil until it jells.

ORANGE FILLING

Orange (rind and juice),	Sugar, 2 Tb.
1	Lemon (rind and juice), 1
Water, 1 tea-cup	Cornflour, 2 Tb.

1. Grate the rind of the orange and lemon.
2. Put all except cornflour into a small saucepan.
3. Bring to the boil.
4. Mix cornflour with a little cold water.
5. Stir it into the saucepan.
6. Boil a few minutes, stirring all the time.

PICKLES

These have little food value but are useful as giving variety to our meals and in some cases they aid in the digestion of other foods.

CARROT AND APPLE CHUTNEY

Carrots, $\frac{1}{2}$ lb.	Onions, 1 (small)
Apples, $\frac{1}{2}$ lb.	Salt, 1 tspn.
Brown sugar, $\frac{1}{4}$ lb.	G. ginger, 1 tspn.
Raisins, 2 oz.	Vinegar, $\frac{1}{4}$ pt.

1. Grate the carrot.
2. Peel and slice the apple.
3. Cut the onion and raisins up finely.

Mix all ingredients and boil together until thick and pulped. Stir well while cooking.

PLUM SAUCE

Plums, 1 lb.	Ginger (bruised), 1 oz.
Sugar, $\frac{1}{2}$ lb.	Cloves (ground), $\frac{1}{4}$ tsp.
Salt, 1 tsp.	Vinegar, $\frac{1}{2}$ pt.

1. Boil all together.
2. Strain.
3. Bottle and cork tightly.

TOMATO RELISH

Tomatoes, $\frac{1}{2}$ lb.	Salt, 1 tspn.
Onions, 2 (small)	Pepper, $\frac{1}{4}$ tspn.
Sugar, 1 Tb.	Vinegar, $\frac{1}{4}$ pt.

Cut up the vegetables and boil all together until the onions are slightly softened.

To thicken: Mix to a smooth paste with a little cold water, 2 level tsp. flour, 1 level tsp. curry powder, $\frac{1}{2}$ level tsp. mustard. Stir this in with the vegetables and boil for a few minutes.

SAVOURY DISHES

BEAN FRITTERS

Haricot Beans, boiled Egg, 1
Breadcrumbs Onion, Pepper, Salt

Take the cooked beans and mash well. Add pepper and salt, a little cooked and chopped onion, the beaten egg, and enough breadcrumbs to form a paste. Drop in spoonfuls into deep fat. Fry until well browned. Serve with brown gravy or tomato sauce.

BEAN CHOWDER

Bacon or Pork, 1 slice; or Cooked Beans, 1 cup
 little Nut Butter Salt and Pepper
Onion, cut small, 1 Flour, 1 Tb.
Potatoes, 2 Milk, 1 tea-cup
Carrot, 1

1. Cut bacon into dice and cook in saucepan for few minutes without browning; or heat nut butter in saucepan.
2. Add onion; fry, but do not brown.
3. Add diced potatoes, sliced carrot, and the cooked beans. Season.
4. Nearly cover with boiling water and simmer until carrots are tender.
5. Pour in half the milk.
6. Mix flour to smooth paste in the remaining milk and stir into chowder.
7. Boil a few minutes.

CHEESE PUDDING

Breadcrumbs, 1 tea-cup Milk, $\frac{1}{2}$ Bk.-cup
Cheese, grated, 1 to 3 oz. Salt and Pepper, to taste
Egg, one

1. Soak the breadcrumbs in the milk.
2. Grate the cheese.
3. When the breadcrumbs have absorbed the milk, add the cheese, the yolk of the egg, and seasoning.

4. Beat the white of the egg stiff, and stir it lightly into the mixture.
5. Grease a pie-dish and pour in the mixture.
6. Cook in a moderate oven about 20 minutes.

CORNISH PIE

Potatoes, 2 or 3	Flour, 1 Tb.
Onion, 1	Milk, 1 Bk.-cup
Apple, 1	Pepper and Salt

1. Grease a pie-dish.
2. Fill with alternate layers of sliced onion, apple and potato.
3. Put a little flour, pepper and salt over each layer.
4. About half fill the dish with milk, or milk and water.
5. Cover with short pastry.
6. Bake about 30 minutes.

CURRIED LENTILS

Lentils, 1 tea-cup	Salt, to taste
Onion, one	Water, $\frac{1}{4}$ pint
Apple, one	Rice, 1 tea-cup
Curry Powder, 1 tsp.	Dripping, 1 Tb.

1. Chop the apple and onion.
2. Fry the onion and sliced apple a few minutes without browning.
3. Add the curry powder, and washed lentils. Cover with the water.
4. Bring to the boil and cook all until the lentils are quite soft, and the mixture thick.
5. Add seasoning and serve with a border of rice.

EGG AND MACARONI

Hard-boiled Eggs, two	Flour, 1 oz.
Macaroni, 4 oz.	Salt and Pepper, to taste
Milk, $\frac{1}{2}$ pint	Some Breadcrumbs
Butter or dripping, 1 oz.	

1. Break the macaroni into pieces.
2. Place it in boiling, salted water.
3. Cook until it is quite soft (about half an hour).
4. Strain.
5. Make a sauce by melting the butter and adding the flour and milk to it gradually.

6. Cook for a few minutes.
7. Add the macaroni and seasoning.
8. Cut the hard-boiled eggs into slices.
9. Cover the bottom of a pie-dish with the macaroni.
10. Cover the macaroni with slices of egg, then more macaroni, and so on until the dish is full.
11. Cover the top with breadcrumbs and brown in the oven.

HARICOT BEANS

Haricot Beans, $\frac{1}{2}$ lb.	Vinegar, $\frac{1}{2}$ tsp.
Milk, 1 tea-cup	Sugar, 1 tsp.
Flour, 1 tsp.	Salt, to taste

1. Soak the beans overnight in hot water.
2. Put them in a saucepan with the water to cover them.
3. Boil them until soft (about $1\frac{1}{2}$ hours).
4. Add sugar, vinegar, and salt.
5. Mix flour and milk together, and stir into the beans.
6. Cook five minutes.

Note: A simple **Bean Chowder** is made by adding (when the beans have cooked $\frac{1}{2}$ hour) a variety of prepared and sliced vegetables. Omit the sugar and vinegar.

MACARONI CHEESE

Macaroni, 2 oz.	Butter, $\frac{1}{4}$ oz.
Flour, $\frac{1}{4}$ oz.	Mixed Mustard, a little
Milk, 1 tea-cup	Salt, to taste
Dry Cheese (grated), $1\frac{1}{2}$ oz.	Nutmeg, a little

1. Put the macaroni (broken in pieces) into boiling, salted water.
2. Boil until soft, about half an hour.
3. Make a sauce by melting the butter.
4. Stir in the flour.
5. Add milk slowly, stirring all the time.
6. Add seasoning, macaroni, and half the cheese.
7. Place in a pie-dish.
8. Cover with the rest of the cheese and brown in the oven.

NUT ROAST (S.L.)

May be used in place of meat.

Peanuts, 6 oz.	Celery or Celery Salt, a
Breadcrumbs, 6 oz.	little
Milk, 1 Bk.-cup	Pepper and Salt
Egg, 1	Marmite or Vegemite, $\frac{1}{4}$ tsp.

1. Put shelled nuts into oven and warm until skins will rub off.
2. Mince nuts into basin.
3. Add all other ingredients.
4. Make rather a soft mixture.
5. Put into a greased pie-dish.
6. Bake in medium oven about 45 minutes.

BROWN GRAVY FOR NUT ROAST

Put a little dripping into a pan and fry sliced onion until nicely browned. Add 1 Tb. of flour and mix well. Pour in 1 bk.-cup water. Stir until boiling. Season with pepper and salt and a little Marmite or tomato sauce. Strain and serve with the nut roast.

NUT FRITTERS (S.L.)

Use Nut Roast recipe, but add only 1 tea-cup milk. Form into cakes or fritters and fry in deep fat.

SAVOURY APPLES

Allow one cooking apple	Onion, a little grated
for each person	Mashed potato and finely-
Sausage meat, 1 oz.	chopped parsley

1. Core apple and fill with sausage meat and minced onion.
2. Place in greased baking dish.
3. Add a little water.
4. Bake about 20 minutes.
5. Mash potatoes with hot milk, dripping and parsley.
6. Serve potatoes around apple.

SAVOURY DUMPLINGS

Flour, 2 oz.	Salt, a pinch
Suet (chopped), $\frac{1}{2}$ oz.	Onion (minced), a little
Baking Powder, $\frac{1}{2}$ tsp.	Parsley, $\frac{1}{2}$ tsp. (minced)

1. Mix all dry ingredients together.
2. Bind with the milk.
3. Shape into small balls on a floured board.
4. Plunge into boiling water.
5. Boil 10 minutes.

Note: These dumplings may be cooked in soup, mince, or stew.

SAVOURY CABBAGE

Cabbage (cooked), 1 Bk.-cup	Bacon, 1 slice
Egg, 1	Milk, 1 Bk.-cup
	Pepper and Salt

1. Grease a pie-dish.
2. Chop cabbage finely, add bacon cut into dice.
3. Mix in beaten egg, milk, salt and pepper.
4. Pour into the pie-dish.
5. Bake like custard in a medium oven until set.

SCALLOPED POTATOES

Potatoes, 2 or 3	Flour, 1 Tb.
Onions, 1 or 2	Milk, 1 Bk.-cup

1. Grease a pie-dish.
2. Fill with alternate layers of chopped onion and sliced potato.
3. Season each layer and sprinkle with a little flour.
4. Cover the top with sliced potato without seasoning or flour.
5. Pour milk over to nearly fill the dish.
6. Bake until browned and vegetables tender.

SPANISH RICE

Rice (cooked), 1 Bk.-cup Butter or dripping, 1 tsp.
Tomatoes, 2 or 3 Pepper and Salt
Onion, 1 Parsley, a little
Cheese, 1 oz.

1. Peel and chop the onion.
2. Cook in the fat without browning.
3. Dip tomatoes into boiling water, peel and slice them.
4. Add to the onion and cook very slowly.
5. Put in the rice, grated cheese and seasoning.
6. Stir until quite hot.
7. Pile on a hot dish and sprinkle with the finely-chopped parsley.

STUFFED TOMATOES

Tomatoes, 2 or 3 Salt and Pepper, to taste
Onion (minced), 1 Tb. Parsley (minced), $\frac{1}{2}$ tsp.
Breadcrumbs, 1 Tb. Butter or dripping (melted),
Milk, 1 Tb. 1 tsp.

1. Cut the tomatoes in half.
2. Take out a little of the tomato pulp.
3. Mix with all other ingredients. Fill with the mixture.
4. Cover the top of the tomatoes with breadcrumbs.
5. Bake in the oven until the tomatoes are soft, but not broken.

TOMATO EGGS

Tomatoes, 3 or 4 Butter or dripping, 1 tsp.
Eggs, 2 Pepper and Salt, to taste
Milk, 1 Tb. A little chopped Parsley
Cheese (grated), 1 Tb.

1. Cut the tomatoes in half and remove some of the pulp.
2. Put them into a greased dish, cover with greased paper, and cook in the oven until soft, but not broken.
3. Beat the egg a little.

4. Add to the egg the pulp from the tomatoes, the milk, the cheese, and the seasoning.
5. Melt the fat in a saucepan.
6. Pour in the egg mixture and stir all over the fire until the mixture is thick. **Must not boil.**
7. Fill the tomatoes with the mixture, and sprinkle a little chopped parsley over them.
8. Serve on fried bread or toast.

Note: Cheese may be omitted.

TOMATO CHEESE SPREAD (S.L.)

Tomatoes, $\frac{1}{2}$ lb.	Onion (grated), 1 small
Fat, 1 dsp.	Breadcrumbs, 3 oz.
Cheese (grated), 2 oz.	Pepper and salt
Egg, 1	

1. Skin tomato and stew in fat 5 minutes.
2. Add all other ingredients.
3. Cook slowly until thick.

Note: May be used as sandwich spread or served hot on toast.

WELSH RAREBIT

Cheese, 1 oz.	Flour, 1 Tb.
Onion, 1 small	Milk and Water, 1 tea-cup
Butter or dripping, 1 Tb.	Pepper, Salt and Mustard

1. Cook the finely-chopped onion in the fat without browning.
2. Remove from heat, stir in flour and mustard.
3. Add milk and water gradually, add pepper and salt.
4. Return to fire, stir and boil well.
5. Stir in the cheese, but do not boil again.
6. Pour over squares of toasted bread.

THE SCHOOL LUNCH

The lunch should be carefully packed and carried in a box or basket kept for the purpose.

Use white grease-proof paper for wrapping.

Wrap each kind of food separately.

See that each day's lunch contains fresh raw fruit or vegetable.

Sandwiches made with yeast wholemeal bread should form the main part of the lunch. Wholemeal rolls may be filled with a sweet or savoury sandwich filling.

A small screw top jar will carry cold baked or boiled custard, jelly, fruit salad, or stewed fruit.

Only a small piece of plain cake should be given.

Sweet biscuits are not suitable.

The following suggestions are taken by kind permission from a pamphlet compiled by the Auckland Branch of the Otago University Home Science Alumna.

A good lunch consists of something from each of these groups:—

- (a) **Substantial Sandwiches** of wholemeal bread, with any of these fillings: meat and grated carrot; egg and lettuce; cheese and tomato; cold fish and parsley; liver paste; peanut butter and lettuce; creamed cheese; cheese and celery; marmite, nuts and raisins; cold cooked vegetables.
- (b) **Sweet Sandwich**, with filling of honey, lemon juice and nuts; banana and nuts; grated apple and raisins; creamed cheese and preserved ginger; dried fruits.
- (c) **Biscuits, Gems, Scones**, or small cakes made with wholemeal flour or bran, and with nuts and fruit.
- (d) **Raw Fruit or Vegetable**, such as apple, orange, banana, celery, carrot, lettuce, tomato, radish, peach, pear, dried fruit.

Note: Milk every day, and something hard to chew (rusks, carrot, etc.).

Meat Paste
ordinary
Grated apple & dates
double
Egg meat paste
eggs
ribbon

Sample Lunches

MONDAY

- (a) Cheese and celery sandwiches
- (b) Honey, nut and lemon juice sandwiches
- (c) Bran gems, buttered
- (d) Raw apple

TUESDAY

- (a) Cold fish and parsley sandwiches
- (b) Grated apple and raisin sandwiches
- (c) Date scones, buttered
- (d) Lettuce

WEDNESDAY

- (a) Liver paste sandwiches
- (b) Dried fruit sandwiches
- (c) Peanut cakes
- (d) Orange

THURSDAY

- (a) Egg and lettuce sandwiches
- (b) Banana and nut sandwiches
- (c) Rusks, buttered
- (d) Pear

FRIDAY

- (a) Cold cooked vegetable sandwiches
- (b) Creamed cheese and preserved ginger sandwiches
- (c) Rolled oats shortbread
- (d) Celery

Special recipes will be found under their respective headings in the main part of the book and marked S.L. (school lunch).

RECIPE BUILDING

The method of teaching cookery outlined under Recipe Building has been in use in Canterbury for some years. It has proved most satisfactory for increasing the pupils' working knowledge of the subject.

Any simple standard recipe may be used as the foundation stone, and more elaborate dishes built on it. For example:—

Plain Sponge to Butter Sponge, Chocolate or Coffee Sponge.

Plain Cake to Seed Cake, Plain Fruit and on to Rich Cake, etc., etc.

RECIPE BUILDING

SCONES AND SHORT CAKE

<i>Dish</i>	<i>Foundation Recipe</i>	<i>Alterations or Additions</i>	<i>Method</i>
Plain Scones	Flour, 1 Bk.-cup Salt, $\frac{1}{4}$ level tsp. Sugar, $\frac{1}{4}$ level tsp. Baking powder, 2 do. Lard or dripping, 1 tsp. Milk and water, about $\frac{1}{2}$ cup		Sift flour and salt into basin. Chop in fat; add sugar and baking powder; mix to soft light dough with milk and water; pat out on floured board; cut. Bake in hot oven about ten minutes.
Currant or Dried Fruit Scones	" " "	Add 1 tsp. sugar and 1 oz. dates, figs, or currants.	To dry ingredients add chopped and cleaned fruit before mixing.
Fresh Fruit Scones	" " "	2 tsp. sugar, about 1 oz. finely chopped apple or pine-apple.	Use first method. When dough is made cut in halves; pat out; spread on fruit and sugar. Cover with second piece of dough; cut into four. Cook in medium oven about 20 minutes.
Spice Scones	" " "	Sugar, 2 tsp. Spice, 1 tsp. Golden syrup, 1 tsp.	To dry ingredients add spice, sugar, and syrup, and finish as in first method.
Short Cake	Foundation Recipe, but use 2 oz. lard or dripping and 2 oz. sugar.	A little-beaten egg, and jam or fresh fruit.	Use first method, making a firm dough with little egg and milk. Cut in halves; roll out rather thinly; spread one piece of pastry with jam or sliced fruit; cover with second piece. Put on oven tray; mark in squares. Bake in medium oven 15-20 min.

RECIPE BUILDING

TEA AND PLAIN CAKES

<i>Dish</i>	<i>Foundation Recipe</i>	<i>Alterations or Additions</i>	<i>Method</i>
Tea Cakes	Flour, 1 Bk.-cup Sugar, 1 Tb. Salt, $\frac{1}{8}$ tsp. Lard or dripping, 1 oz. Baking powder, 2 level tsp. Egg and milk to mix		Sift flour and salt into mixing bowl. Chop in fat. Add dry ingredients. Mix to light dough with beaten egg and milk. Pat out on floured board; cut into rounds; cook in hot oven 10 min.
Drop Tea Cakes	" " "		Use first method, but drop in rough piles on well greased oven tray. Hot oven 10-15 minutes.
Rusks	" " "		Use first method. When nearly cooked split open with two forks. Return to oven until lightly browned and quite crisp.
Rock Cakes	" " "	1 oz. currants, dates, or any dried fruit or chopped nuts.	Use first method. Add cleaned or chopped fruit. Mix to light dough and put in rough heaps on well greased oven tray. Bake in medium oven 15 minutes.
Coconut Cakes	" " "	Coconut, 1 oz. Sugar, 1 oz.	Use first method. Add coconut to other dry ingredients. Turn dough on to floured board; form into a roll and cut in small pieces. Roll each piece into a ball and dip top in sugar. Place on well greased oven tray. Bake in medium oven 15 minutes.

RECIPE BUILDING

CUSTARDS

<i>Dish</i>	<i>Foundation Recipe</i>	<i>Alterations or Additions</i>	<i>Method</i>
Baked or Steamed Custard	Egg, 1 Sugar, 1 tsp. Flavouring		1. Beat egg and sugar, add milk and flavouring. Pour into a greased dish and cook slowly. Do not allow to boil.
Crumb Custard	" " "	Bread, cake, or biscuit crumbs, 2 Tb.	2. As first method, but add crumbs to egg and milk. Stand 20-30 min. before cooking.
Bread and Butter Custard	" " "	Bread and butter cut into slices or fingers.	3. Put bread and butter into greased pie-dish and then follow first method. Stand before cooking.
Queen Pudding	" " "	Bread and butter, or crumbs; jam.	4. Use yolk of egg only for custard and follow second and third method. When cooked spread with jam and pile stiffly-beaten white of egg on top; sprinkle with sugar; brown lightly in slow oven.
Cheese Pudding	" " "	Grated cheese, 1 Tb. Pepper and salt instead of sugar.	5. Use 2nd and 3rd method, putting grated cheese with crumbs or bread and butter. Sprinkle top with cheese.
Vegetable Custard	" " "	Skinned and sliced tomatoes, or cooked cabbage or other vegetable; grated cheese may be added.	6. Use second method, using vegetable in place of crumbs. May be cooked at once.

RECIPE BUILDING

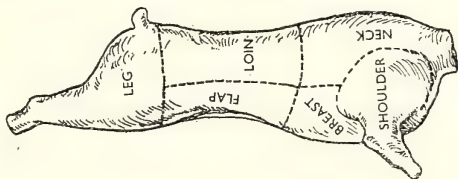
PUDDINGS

<i>Dish</i>	<i>Foundation Recipe</i>	<i>Alterations or Additions</i>	<i>Method</i>
Suet Paste	flour, 4 oz. suet, 2 oz. baking powder, $\frac{1}{4}$ level tsp. salt, $\frac{1}{2}$ level tsp. cold water to mix.		Chop suet; add all ingredients to flour; mix to light dough with cold water. Roll out, spread with jam, roll and tie in scalded and floured cloth. Boil for half an hour.
Baked Jam Roll	" " "	Use dripping in place of suet.	Cream dripping, then chop and rub into flour. Add all ingredients; mix to <i>firm</i> dough. Roll out, spread with jam, roll up and bake 20-30 min.
Boiled or Steamed Suet Pudding	" " "	Milk or water to mix.	Make as for suet pastry, but mix to a soft dough. Put into greased basin, tie scalded pudding cloth tightly over top. Boil or steam 30-40 min.
Plum Pudding	" " "	Add raisins, 1 oz. currants, 1 oz. spice, $\frac{1}{2}$ tsp. beaten egg, 1 little milk.	Add chopped suet and all dry ingredients. Make to soft dough with egg and milk. Boil or steam in greased basin 1 $\frac{1}{4}$ -1 $\frac{1}{2}$ hours.
Cottage Pudding	" " "	" " "	Bake in greased pie-dish about $\frac{3}{4}$ hr.
Ginger Pudding	" " "	Add syrup, 1 Tb. grnd. ginger, $\frac{1}{2}$ tsp. spice, $\frac{1}{4}$ tsp. milk to mix.	Method as for Plum Pudding. Boil or steam 1-1 $\frac{1}{4}$ hours.

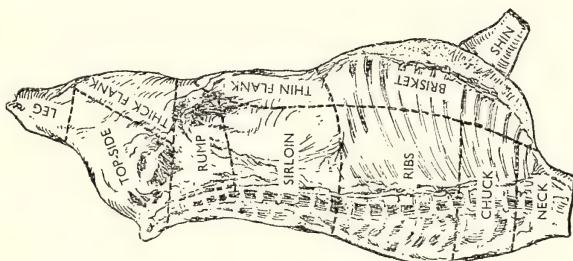
JOINTS OF MEAT

The cutting up of meat varies a little in different towns.

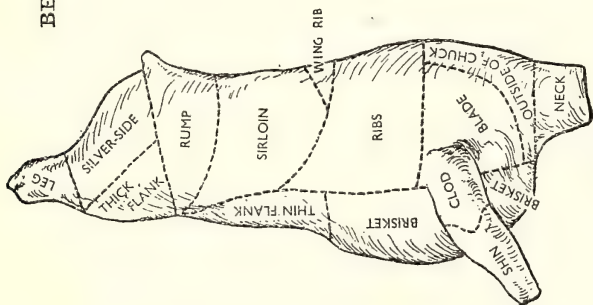
MUTTON



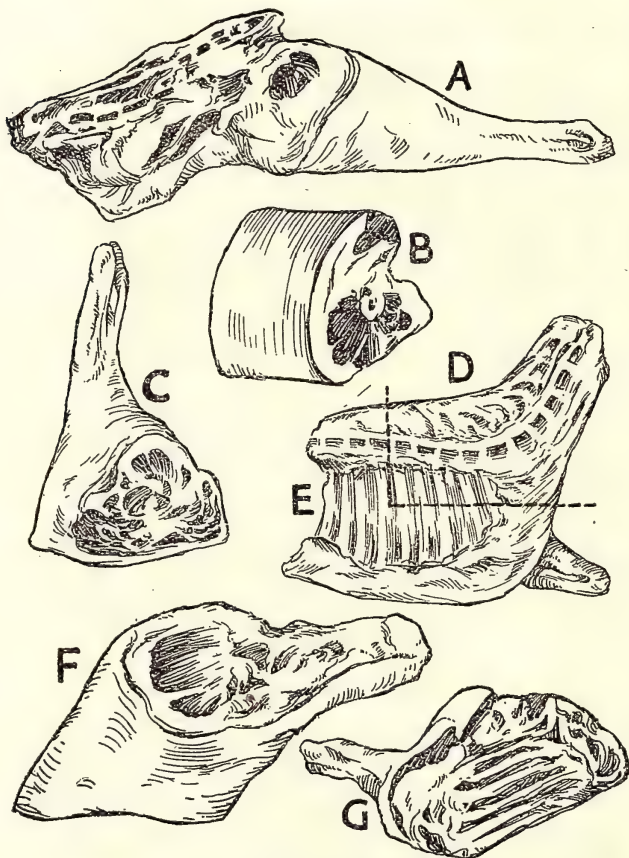
Inside



BEEF



Outside



JOINTS OF MUTTON

A—Hindquarter, showing leg and part of loin and flap.
 B—Loin. C—Leg. D—Spanish neck.
 E—Forequarter. F—Neck and breast. G—Shoulder.

Suitable Methods of Cooking

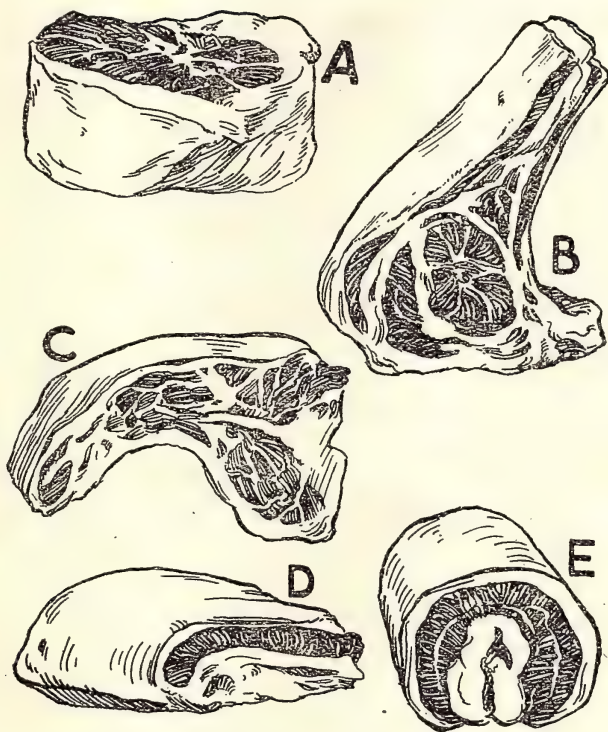
Roasting: Leg, Loin, Shoulder.

Boiling: Leg, Neck, Breast.

Grilling: Chops.

Stewing: Breast, Neck Chops.

Soup: Head, Neck, Shank.



JOINTS OF BEEF

- A—Roast—rib, boned, and rolled.
 B—Wing rib. C—Sirloin. D—Brisket.
 E—Brisket—boned and rolled.

Suitable Methods of Cooking

Stewing: Steak, Skirt, Topside, Leg, Neck, Shoulder, Cheek.
 Roasting: Sirloin, Ribs, Top-side.
 Boiling: Silverside, Flank, Round, Brisket.
 Grilling: Fillet, Steak, Rump, Skirt Steak.
 Soup: Leg, Shin, Sticking Piece.

CLEANING MATERIALS

SOAP

Caustic Soda, 1 lb.

Resin, $10\frac{1}{2}$ oz.

Clean Fat, $5\frac{1}{2}$ lb.

Borax, 2 oz.

Water, 6 quarts

1. Dissolve fat, soda, and resin in the water.
2. Heat slowly and stir well to prevent boiling over.
3. Boil about 1 hour until fairly thick.
4. Add borax five minutes before taking off fire.
5. Pour into shallow tin. Cut next day.
6. Dry well before using.

POLISHING CLOTH

Liquid Ammonia, 1 Bk.-
cup

Whiting, 1 Bk.-cup

Gum Arabic (liquid), $\frac{1}{2}$ tsp.

Water, 1 Bk.-cup

1. Mix well. Put dry cloth in mixture.
2. Wring a little, and spread to dry. Use cloth to polish silver, etc.

FURNITURE POLISH

1. Equal quantities of olive oil and vinegar.
2. Keep in bottle and shake well before using.
3. Rub a little well into wood, and polish with dry duster.

SCOURING MATERIAL

For White Wood or Metal

Equal quantities of fine sand, Hudson's soap powder, and whiting. Mix well, and sift. Use in place of sand soap.

WINDOW CLEANER

Mix together in a bottle, equal quantities of methylated spirits, kerosene and water. Shake well before using.

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NOTES

Pikulet

- ✓ 1 cup of flour
- ✓ $\frac{1}{2}$ cup of milk
- ✓ 1 egg
- ✓ $\frac{1}{4}$ tsp. salt
- ✓ 2 tablesps. sugar
- ✓ 2 tablesps. baking powder
- 1 tablesp butter.

Method

1. Sift dry ingredients into bowl.
2. Add sugar.
3. Combine egg + milk.
4. Make a small hole in centre of dry ingredients + add milk slowly. Mix until smooth.

Prepare griddle by heating up slowly + greasing with lard. Try one pikulet to test heat of griddle.
1 table sp. melted butter may be included.

NOTES

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